FROM Hawaii

AUTHENTIC—ORIGINAL

CHINESE RECIPES

by

GAIL WONG

嶺南風味

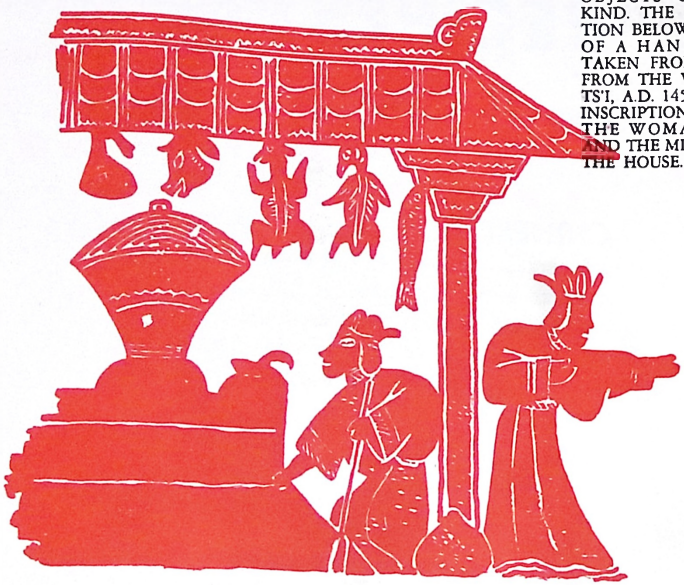
Shirley Ed Caryl
from
Kaifeng Henan

GAIL WONG'S AUTHENTIC CHINESE RECIPES

from HAWAII

CHINESE COOKING . . . in this book are contained dishes to tickle your palate and enhance your table with the full range of the ancient and modern art. Herein are dishes for the simple buffet, full course meals for a sumptuous banquet and menus, with hints, to ensure the success of your efforts.

FROM THE HAN STYLE . . . END OF THE BRONZE AGE—BEGINNING OF THE IRON AGE. TS'IN — 222-206 B.C.—LATER HAN A.D. 25-220. REAL HISTORY BEGINS IN CHINA ABOUT THIS TIME. IT IS SUBSTANTIATED BY INSCRIPTIONS, MONUMENTS, WRITINGS, AND INNUMERABLE OBJECTS OF EVERY KIND. THE ILLUSTRATION BELOW IS THAT OF A HAN PALACE, TAKEN FROM A SLAB FROM THE WU-LIANG TS'I, A.D. 145-167. THIS INSCRIPTION SHOWS THE WOMAN COOK AND THE MISTRESS OF THE HOUSE.



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I. WONG
Honolulu, Hawaii, USA

GAIL WONG

Kamaaina, restaurateur, and teacher . . . recognized over a period of years as the most experienced and practical exponent of Chinese cookery in Hawaii.

INTRODUCTION

Mrs. Wong, a life-long resident of Hawaii, had many years experience as a restaurateur and gained fame locally as being extremely proficient in the art of Chinese cooking. The recipes she collected and perfected over her lifetime are recognized today as being both authentic and practical.

Having been a licensed instructor in Chinese cooking, it was during her years of teaching that Mrs. Wong became aware of the desire of the public to acquire a workable knowledge of Chinese cookery—one which could be put to everyday use.

Here, then, is an altogether fresh approach to Chinese cookery. In these pages you will find not only the elaborate dishes appropriate for formal dinners and buffets, but also a wide variety of down-to-earth recipes to add that delicate, savory flavor to the budget menu.

Herein also, for your convenience, are working hints, full menus, an easy-to-use index, and a complete glossary in the back of the book to guide you in the selection and purchase of the ingredients to make your Chinese cooking a success. Each recipe has been kitchen tested, the directions are easy to follow . . . now, even the novice homemaker can have fun setting a table guaranteed to satisfy the most particular palate.

NINE COURSE DINNER

Shark Fin Soup (Yee Chee)
Bird's Nest Soup (Inn Wo)
Boiled Chicken (Yin Yong Gai)
Pot Roast Pork (Kau Yuk)
Stuffed Oysters
(Mon Yau Hou See)
Stuffed Boned Duck (Chin Arp)
Soyu Squabs
Pineapple Shrimp (Poh Loh Ha)
Stuffed Mushrooms with Fish Cake
Rice Hot Tea
Almond Cookies

BASIC HINTS FOR CHINESE COOKING

1. Good cooks will have the pan well heated before putting the oil in.

2. Ginger and garlic must be slightly brown before putting the meat or vegetables in.

3. Do not waste cauliflower stalks and leaves. They are delicious.

4. Do not waste celery tops. Cut them up and use for flavor in chop sui, stew, roast, and other cooking.

5. To tenderize chicken and other fowl, rub inside and outside with lemon juice after cleaning and before dressing the fowl.

6. Use your fats over and over by straining it after each use. Fry a slice of ginger or garlic in the fat to remove the odor of fish and shrimps.

7. Do not throw away left over rice. Accumulate it in the refrigerator and use it for fried rice and rice soup. Cooked rice will keep about 10 days in the refrigerator.

GAIL WONG'S AUTHENTIC CHINESE COOK BOOK, published during her lifetime, was greeted with such enthusiasm that her family, in response to many requests, offers this revised second edition . . . a tribute to Mrs. Wong as a mother, restaurateur, teacher and author.

Recipes are an intimate thing . . . their inception and usages are the sum total of years of trial and error. This is especially true of Chinese recipes, in that good and lean years have moulded the basic structure of food preparation. Chinese cookery is laid deep in tradition; generations of experimentation have determined its form; it houses the common denominator of human life; and into its walls are hammered the joys and sorrows of a people, the record of plenty and famine.

It is fitting, therefore, that this collection of food presentation should include both the elaborate and the simple; feast dishes for the elegant affair and unpretentious meals to enhance an anemic budget.

Chinese cookery is like the unity of a city in which new areas develop in answer to new needs, but which, because of certain basic factors, keeps its individuality throughout all changes. This book thus presents an informal and intimate picture of Chinese living . . . to the reader its value is twofold; through the life and experience of Gail Wong, in functioning both as a mother and as a teacher, the pursuit of Chinese cookery is developed as a practical science . . . not as a strait jacket of form, but as an elastic framework through which *cooking can be fun.*

LUNCHEON
Chicken Chow Mein (Gai See Mein)
Hot Tea
Almond Cookies

LUNCHEON
Harm Bow (Buns with Pork Filling)
Siu Mai
Kock Chai
Hot Tea

DINNER
Fresh Fig Soup
Chicken with Vegetables
Roast Spare Ribs
Tofu—Pork
Rice
Hot Tea

DINNER
Abalone Soup
Roast Chicken with Lily Flower
Beef with Bean Sprouts
Crab Omelette (Foo Yung Hai)
Rice
Hot Tea

DINNER
Okra Soup (See Kwa)
Stuffed Tofu with Pork
Soyu Chicken
Pork Chop Sui
Rice
Hot Tea

DINNER
Ox Tail Soup
Sweet Sour Spare Ribs
with Hot Sauce
Steamed Fish with Tomatoes
Fresh Shrimp with Vegetables
Rice
Hot Tea

DINNER
Lotus Root Soup with Beef
Pork Hash
Chicken with Button Mushrooms
Lobster with Long Rice
Rice
Hot Tea

DINNER
Water Cress Soup
Stuffed Chicken Wings
Pot Roast Pork (Kau Yuk)
Beef with Broccoli
Rice
Hot Tea

DINNER
Winter Melon Soup
Sweet Sour
Pig's Feet—Pickled Cucumbers
Pork with Spinach
Fried Shrimps with Eggs
Rice
Hot Tea

DINNER
Lettuce and Fish Soup
Lobster Tail with Dau See
Beef Tomato
Stuffed Bitter Melon
with Pork Hash
Rice
Hot Tea

DINNER
Tofu Soup
Pork with Pickled Cabbage
Fried Fish—Canton Style
Spare Ribs with Black Beans
Rice
Hot Tea

DINNER
Mustard Cabbage Soup
Sweet Sour Shrimps—Pickled Turnips
Beef with String Beans
Stewed Oysters with Mushrooms
Rice
Hot Tea

DINNER
Mushroom Soup
Crispy Duck with Crisp Wun Tun
Pork with Bamboo Shoots
Fresh Shrimps with Vegetables
Rice
Hot Tea

DINNER
Dried Bean Curd Soup
Roast Pork with Gravy
Fried Egg Plant
Salted Duck Eggs (Harm Taan)
Rice
Hot Tea

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SOUPS

ABALONE SOUP

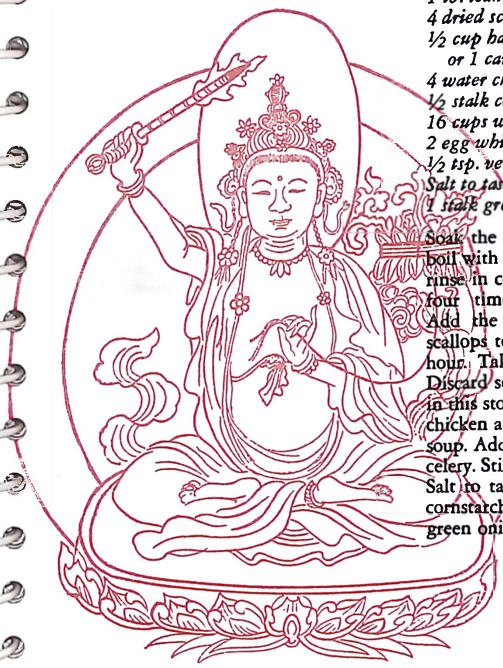
1 lb. wong bok (Chinese cabbage)
½ can abalone (sliced)
¼ lb. pork (sliced)
1 strip chung choi (washed)
Salt to taste
1 stalk green onion (minced)
Pork bones, if any
5 cups water
¼ tsp. ve-tsin

Boil pork, chung choi, and pork bones in 5 cups of water, together with the liquid of the abalone can, for 15 or 20 minutes. Clean wong bok and cut in 1½-inch pieces. When soup is ready take out bones and add cabbage. Boil until cabbage is tender. Add green onion and sliced abalone just before serving.

BEAN CURD WITH BEEF SOUP (Tofu Soup)

½ lb. beef (sliced thin)
1 block bean curd (cut in small cubes)
5 cups water
Salt to taste
1 stalk green onion (chopped)
¼ tsp. ve-tsin
Seasoning: Mix in bowl:
2 tsp. soyu
½ tsp. sugar
1 tsp. liquor (wine or whiskey)
1 tsp. cornstarch

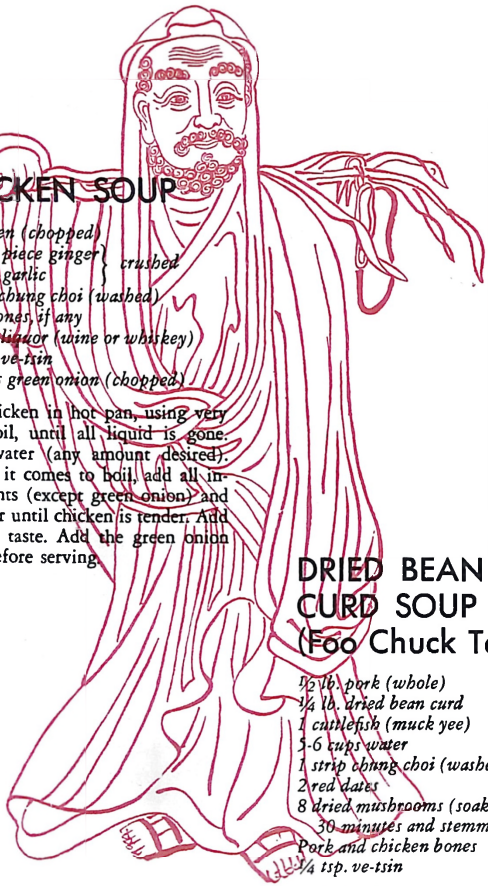
Mix beef in seasoning sauce and let stand for few minutes. Bring the 5 cups of water to boil; add beef and tofu (bean curd). Simmer for 5 minutes. Add salt, ve-tsin and green onion just before turning off flame.



BIRD'S NEST SOUP (Inn Wo Tong)

½ lb. bird's nest
½ chicken
1 lb. lean pork (whole)
4 dried scallops
½ cup ham (chopped fine)
or 1 can shredded crab meat
4 water chestnuts (chopped fine)
½ stalk celery (chopped fine)
16 cups water (approximately)
2 egg whites (beaten)
½ tsp. ve-tsin
Salt to taste
1 stalk green onion (minced)

Soak the bird's nest overnight. Parboil with a pinch of baking soda and rinse in cold water. Repeat three or four times. Clean away feathers. Add the chicken, pork and dried scallops to the water and boil for 1 hour. Take chicken and pork out. Discard scallops. Simmer bird's nest in this stock for another hour. Shred chicken and pork and put back into soup. Add ham, water chestnuts and celery. Stir in egg whites and ve-tsin. Salt to taste. Thicken slightly with cornstarch. Garnish with minced green onions and serve hot.



CHICKEN SOUP

1 chicken (chopped)
1 large piece ginger } *crushed*
1 clove garlic }
1 strip chung choi (washed)
Pork bones, if any
½ cup liquor (wine or whiskey)
¼ tsp. ve-tsin
2 stalks green onion (chopped)

Fry chicken in hot pan, using very little oil, until all liquid is gone. Add water (any amount desired). When it comes to boil, add all ingredients (except green onion) and simmer until chicken is tender. Add salt to taste. Add the green onion just before serving.

DRIED BEAN CURD SOUP (Foo Chuck Tong)

½ lb. pork (whole)
¼ lb. dried bean curd
1 cuttlefish (muck yee)
5-6 cups water
1 strip chung choi (washed)
2 red dates
8 dried mushrooms (soaked 30 minutes and stemmed)
Pork and chicken bones
¼ tsp. ve-tsin

Soak dried bean curd and cuttlefish for half a day. Wash cuttlefish and cut bean curd into 1½-inch pieces. Simmer all ingredients together until bean curd is tender. Take cuttlefish, bones, and chung choi out. Take pork out, slice, and place back into soup. Add salt to taste. Garnish with chopped green onion.

FRESH FIG SOUP WITH PORK

½ lb. lean pork (whole)
1 lb. fresh figs
1 small piece kwo pee (washed)
1 slice ginger (crushed)
6 cups water
Salt to taste

Wash and clean figs. Bring water to a boil and add all ingredients. Simmer for about one hour. Remove the pork and slice. Serve hot.

FRESH SHRIMP SOUP

½ lb. fresh shrimps
5 cups water
1 sliced peeled cucumber
1 egg (beaten)
1 small strip chung choi (washed)
1 stalk green onion (chopped)
¼ tsp. ve-tsin
⅛ tsp. sesame oil

Clean and shell shrimps and split into half. Bring water to a boil and add cucumber and chung choi. Simmer for 5 minutes. Add shrimps and cook 3 minutes. Add eggs slowly, while stirring, to boiling soup. Add green onion, sesame oil and ve-tsin. Salt to taste. Serve hot.

IMITATION BIRD'S NEST SOUP

1 bundle long rice
1½ tsp. salt
¼ tsp. ve-tsin
2 tbsp. chung choi (washed)
5 cups soup stock or water
1 cup pork } *diced*
8 mushrooms } *fine*
¼ cup ham } *fine*
2 cups squash } *fine*
½ cup Chinese yam or bamboo shoots } *fine*
1 egg (well beaten)
1 stalk green onion

Soak long rice in boiling water for ½ hour or more. Drain and chop very fine. Add all ingredients (except egg and green onion) to stock and simmer for 20 minutes or more. Add egg and chopped green onion just before removing from flame. Serve.

LETTUCE AND FISH SOUP

¼ lb. white fish fillet (sliced thin and flat)
1 head lettuce (separate leaves)
6 cups boiling water
1 slice ginger (crushed)
Salt to taste
Seasoning mixture:
1 tsp. soya
1 tsp. cornstarch
¼ tsp. sugar
¼ tsp. ve-tsin

Soak fish in seasoning mixture for a few minutes. Heat pot with very little oil. Put ginger in first and then add hot water. Salt to taste. Add lettuce. Bring to a boil and add the fish. Simmer for 3 minutes. Serve hot.

LOTUS ROOT BEEF SOUP (Ngow Tong)

1 large section lotus root
10 cups water (approximately)
1 slice ginger
1 stalk celery (sliced)
4 red dates
1 piece shin bone
1 stalk green onion (chopped)
¼ tsp. ve-tsin
Salt to taste

Discard ends of lotus root. Scrape off skin. Cut root lengthwise into halves and then crosswise to 1½-inch lengths. Crush slightly with the flat of a heavy knife. Soak in water with a small amount of vinegar added for 1 hour to prevent discoloration. Simmer shin bone, ginger, celery, red dates and lotus root in water until tender. Add more water if necessary. Just before turning off flame, add the green onion, salt and ve-tsin.

LOTUS ROOT PORK SOUP

1 lb. lotus root
1 lb. lean pork (whole)
1 small piece chung choi (washed)
4 red dates
1 cuttlefish (muck yee) (washed)
10 cups water
1 stalk green onion (chopped)
¼ tsp. ve-tsin

Discard ends of the lotus root. Scrape off skin. Cut lengthwise into halves. Then cut crosswise into 1½-inch lengths. Crush slightly with the flat of a heavy knife. Soak in water for one hour with a small amount of vinegar added to prevent discoloration. Simmer pork, lotus root, cuttlefish, red dates and chung choi in water about 2 or 3 hours. Remove pork and cut into serving pieces. Discard chung choi and cuttlefish. Add green onion, salt to taste, and ve-tsin.

MUSHROOM SOUP

½ lb. pork (sliced thin)
½ cup dried mushrooms
6 water chestnuts (sliced thin)
5 cups water
¼ tsp. ve-tsin
1 small strip chung choi (washed)
¼ tsp. ve-tsin
1 stalk green onion (chopped)

Soak mushrooms for 20 minutes or more; cut stems off. Wash and cut into halves. Simmer all ingredients, except green onion, in 5 cups of water for 20-25 minutes. Add green onion just before serving.

MUSTARD CABBAGE SOUP

1 lb. mustard cabbage
¼ lb. pork (sliced)
1 can boiled scallops
5 cups water
Pork bones
1 tsp. salt
1 strip chung choi (washed)
¼ tsp. ve-tsin

Simmer pork, chung choi, and bones for 20 minutes in 5 cups water. Clean cabbage and cut into 1½-inch pieces. When soup is ready, take bones out and add cabbage and scallops. Boil until cabbage is tender. Add salt and ve-tsin. Serve hot.

OKRA SOUP
(See Kwa Tong)

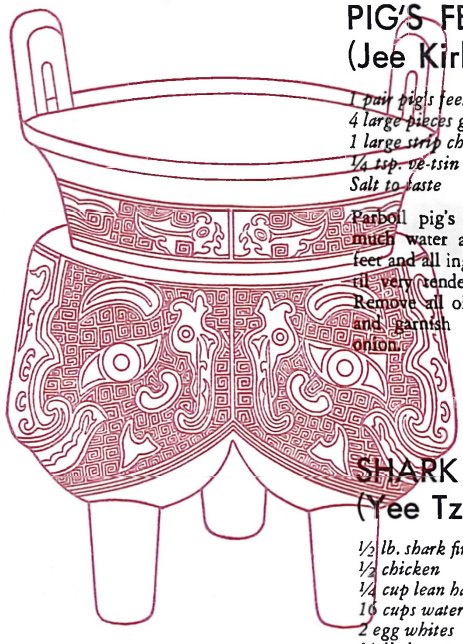
2 Chinese okra (see kwa)
½ lb. pork (sliced thin and flat)
6 dried mushrooms (soaked)
5 cups water
3 pieces dried scallops
Pork or chicken bones
1 piece chung choi (washed)
¼ tsp. ve-tsin
Salt to taste
1 stalk green onion (chopped fine)

Pare okra and slice diagonally about ½ inch thick. Put bones, scallops and chung choi into the water and simmer ½ hour. Strain and place broth back on flame. Remove stems from mushrooms and cut in half if the mushrooms are very large. Add the pork and mushrooms to the soup and boil for 10 minutes. Then put in the okra and cook for 3 minutes. Add the green onion, salt and ve-tsin. Serve hot.

OX TAIL SOUP

1 fresh ox tail (cut in sections)
½ cup raw shelled peanuts (blanched)
1 piece pork or chicken bones (if desired)
1 small piece kwo pee (dried orange peel)
1 clove garlic, 1 slice ginger } *crushed*
2 stalks green onion (whole)
1 stalk celery (whole)
¼ tsp. ve-tsin
¼ cup liquor (wine or whiskey)
Salt to taste
Garnish:
1 stalk green onion (chopped)
Chinese parsley

Parboil ox tail for 5 minutes. Drain. Add all ingredients, except garnish, and simmer with ox tail until ox tail is tender in as much water as desired. When ox tail is tender, remove green onion and celery from soup and serve hot. Garnish with chopped green onion and Chinese parsley.



PIG'S FEET SOUP (Jee Kirk Tong)

1 pair pig's feet (cut into chunks)
4 large pieces ginger (crushed)
1 large strip chung choi (washed)
¼ tsp. ve-tsin
Salt to taste

Parboil pig's feet. Drain. Boil as much water as desired. Add pig's feet and all ingredients; simmer until very tender. Add salt to taste. Remove all oil on surface of soup and garnish with chopped green onion.

SHARK FIN SOUP (Yee Tze Tong)

½ lb. shark fin
½ chicken
¼ cup lean ham (diced)
10 cups water (approximately)
2 egg whites
½ lb. lean pork
4 dried scallops
¼ tsp. ve-tsin
Salt to taste

Soak shark fin in cold water for one day. Clean by removing all bits of white meat. Wash thoroughly. Parboil and rinse in cold water. Repeat three times. Drain. Boil chicken, pork and dried scallops in water over a low flame for 1 hour. Take chicken and pork out. Discard dried scallops. Add shark fin and boil for 1 hour. Shred chicken meat and pork, and add with the ham to the shark fin. Beat egg whites and stir into soup. Add salt and ve-tsin. A small amount of cornstarch and minced green onion may be added. Serve very hot.

WATER CRESS SOUP

1 bunch water cress cut in 1 inch length
¼ lb. lean pork (sliced thin)
5 cups water
2 or 3 eggs
¼ tsp. ve-tsin
Salt to taste

Bring water to a boil; add pork and ve-tsin. Cook 5 minutes. Put in water cress and when comes to boil, drop eggs in. Cook until done. Add salt to taste.

WINTER MELON SOUP (Dung Kwa Tong)

1 lb. dung kwa
½ lb. lean pork (whole)
1 small strip chung choi (washed)
Water sufficient to prepare
Chicken and pork bones
1 tbsp. pearl barley (soaked overnight)
6 dried mushrooms (wash and discard stem)
1 stalk green onion (chopped)
¼ tsp. ve-tsin
Salt to taste

Cut dung kwa in 1 inch squares. Add remaining ingredients to water and simmer for ½ hour. Add dung kwa and continue simmering for ½ hour more or until the melon is tender. Remove the pork and slice; discard the bones and chung choi. Add the salt, green onion and ve-tsin. Serve hot.

FOWL

BROILED CHICKEN

2 or 3 lb. chicken
Seasoning: Mix in bowl:
3 tbsp. soyu
1 tsp. thick soyu
Dash of heong liu fun (five spices)
½ tsp. ve-tsin
1 tbsp. salt
3 tbsp. cooking oil
1 clove garlic } *crushed*
1 slice ginger }

Split the chicken in half and rub chicken with the seasoning mixture inside and out. Let soak for 1 hour. Place in broiler skin side down for about 15 minutes. Turn over and broil until done—about 15 minutes more. Brush the remaining seasoning on the skin occasionally during the cooking period.

DEEP FRIED CHICKEN (Char Chee Gai)

1 chicken (3-4 lbs.)
1 tsp. thick soyu
1 tbsp. salt
¼ tsp. ve-tsin
1 tbsp. soyu
½ tsp. sugar
1 piece ginger } *crushed*
1 clove garlic }

Mix all ingredients together and rub mixture on inside and outside of chicken. Let stand for a while. Deep fry in hot oil about 20 to 25 minutes on each side. Cool and chop into serving pieces. Sprinkle with spicy salt. Garnish with Chinese parsley.
(See page 150 for Spicy Salt.)

CHICKEN HASH

½ lb. chicken meat (ground)
½ lb. pork (ground)
1 small piece chung choi (washed and minced)
1 stalk celery (minced)
1 stalk green onion (minced)
1 tsp. salt
1 tsp. oyster sauce
½ tsp. soyu
1 tsp. ginger juice
1 egg
¼ tsp. ve-tsin

Add all ingredients with the ground chicken and pork. Mix well. Make into patties and place in a pan. Steam 25 minutes. Garnish with Chinese parsley. Serve hot.

CHICKEN WINGS WITH MUSHROOMS

2 lbs. chicken wings
¼ lb. sliced pork (optional)
1 can bamboo shoots
2 stalks celery
2 oz. dried mushrooms (soaked and stemmed)
1 piece ginger, 1 clove garlic } crushed
2 stalks green onion (cut into 1 inch lengths)
Seasoning: Mix in bowl:
2 tsp. thick soyu
1 tsp. soyu
¼ tsp. sugar
1½ tsp. salt
3 red dates
1 tbsp. liquor
2 cups water

Cut chicken wings at joints. Slice bamboo shoots and celery. Cut stemmed mushrooms in half. Heat pan with oil. Brown ginger and garlic slightly. Add chicken wings and pork and fry for 3 minutes. Add seasoning and saute for 3 minutes over a low flame. Add water, bring to a boil; add mushrooms and bamboo shoots. Add more water if necessary. Cook until chicken is tender. Add celery and cook 3 minutes. Thicken with cornstarch. Add green onion and serve.

2

CHICKEN WITH CHINESE PEAS IN POD

½ lb. chicken breast (sliced thin and flat)
¼ lb. Chinese peas
1 cup cauliflower (cut into small pieces)
1 slice ginger, 1 clove garlic } crushed
½ cup water (approximately)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. oyster sauce
1 tbsp. liquor
½ tsp. sugar
1 tbsp. cornstarch
¼ tsp. ve-tsin
Dash of heong liu fun
Salt

Soak chicken in seasoning and let stand for a few minutes. Parboil cauliflower for 1 minute. Pour boiling water over peas, drain and run under cold water. Heat pan with oil and brown ginger and garlic. Fry chicken over low flame until almost done. Add water, cauliflower, and salt to taste, stirring occasionally. Do not overcook vegetables. Add peas just before turning flame out. Serve hot.

CHICKEN WITH MUSHROOMS

1 chicken (whole)
1 can mushrooms or
1 cup dried mushrooms (soaked and stemmed)
Gravy: (Boil together and thicken with cornstarch)
1 cup stock or water
1 tbsp. oyster sauce
1 tsp. salt
1 tsp. soyu
Seasoning: Mix in bowl:
1 tbsp. thick soyu
1 tsp. hoi sin cheong
1 tsp. salt
¼ tsp. ve-tsin
1 clove garlic, 1 slice ginger } crushed

Rub seasoning on chicken and let soak for 20 minutes. Then fry until done in hot oil. Add mushrooms to gravy and simmer for 15 minutes or until done. Bone chicken and place in a bowl, skin side down. Place mushrooms on the top. Cover with a slightly larger bowl. Invert. Pour gravy over and serve with parsley.

CHICKEN WITH BUTTON MUSHROOMS

1 lb. chicken breast (sliced thin and flat)
1 can button mushrooms (sliced thin)
1 slice ginger } crushed
1 clove garlic }
¼ lb. Chinese peas (parboil for ½ minute)
1 stalk green onion (cut into ½ inch lenths)
½ cup water
Liquid of mushrooms
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. sugar
1 tbsp. liquor
½ tsp. ve-tsin

Soak chicken in seasoning for 20 minutes. Heat pan with oil. Brown ginger and garlic and add chicken. Fry over a low flame for two minutes. Add mushrooms and water and salt to taste. Cook 5 minutes. Thicken with cornstarch. Just before turning off flame, add peas and green onion. Serve immediately.

CHICKEN WITH SPICY SALT

1 young chicken (2½ to 3 lbs.)
Seasoning: Mix in bowl:
1 clove garlic } crushed
1 slice ginger }
½ tsp. ve-tsin
3 tbsp. soyu

Split chicken through the back. Dry well with cloth. Brush seasoning on chicken inside and out. Soak for 1 hour. Fry in deep hot fat for 15 minutes on each side until brown. Chop and sprinkle with spicy salt.
(See page 150)

CRISPY CRUST CHICKEN

2 or 3 lb. chicken (broiler preferred)
Cornstarch
Seasoning: Mix in bowl:
1 tbsp. salt
½ tsp. ve-tsin
2 tbsp. liquor
1 slice ginger, 1 clove garlic } *crushed*
2 tbsp. soyu

Split the chicken in half and rub the seasoning inside and out. Use the seasoning very liberally so that the chicken is dripping wet. Coat heavily with cornstarch. This is easily done by placing the starch in a paper bag and shaking the chicken in it. Fry the chicken in deep hot fat about 10 minutes on each side. Do not crowd. When done, chop into serving pieces and garnish with Chinese parsley. Serve hot.

CHICKEN WITH VEGETABLES

½ lb. chicken breast
¼ lb. pork
1 cup bamboo shoots
1 stalk celery
6 cups water chestnuts
1 cup string beans
½ cup mushrooms (soaked and stemmed)
} *slice thin and flat*
1 slice ginger, 1 clove garlic } *crushed*
¾ cup stock or water
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. liquor
½ tsp. sugar
1½ tsp. salt
¼ tsp. ve-tsin

Heat pan with little oil. Brown ginger and garlic. When slightly brown, fry pork for one minute, then add chicken and fry for another minute. Add seasoning mixture and saute for a minute over a low flame. Add all other vegetables (sliced thin and flat) and stir until done. Do not overcook vegetables. Add stock and when it comes to a boil, add the cornstarch to thicken the gravy, adding more stock if necessary.

POT ROAST CHICKEN

3½ to 4 lb. chicken
1 medium Chinese taro or 2 Irish potatoes
1½ cups water or stock
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tbsp. liquor
1 tsp. sugar
¼ tsp. ve-tsin
1 clove garlic, 1 slice ginger } *crushed*
Dash of heong liu fun (five spices)
1 tsp. salt

Dress and clean the chicken and rub inside and out with the seasoning. Brown on all sides in deep hot fat over a low flame. Take chicken out. To the remainder of the seasoning add the water and bring to a boil. Peel the taro or potatoes and cut in half lengthwise. Add the chicken and taro to the boiling liquid. Lower the flame and simmer for 40 minutes, tightly covered. Turn over once during the cooking period. Slice the taro and arrange on a platter. Chop the chicken into serving pieces and arrange over the taro. Add cornstarch to gravy and pour over chicken. Garnish with Chinese parsley.

RED COOKED CHICKEN

3-4 lb. young chicken (cut into serving pieces)
1 slice ginger, 1 clove garlic } *crushed*
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
5 tbsp. soyu
1 tbsp. oyster sauce
1 piece chung·choi (washed and cut into 1 inch lengths)
¼ tsp. ve-tsin

Heat pan with very little oil. Brown ginger and garlic, add chicken and fry for a few minutes. Add seasoning and simmer until chicken is done, or until liquid is almost gone. Turn chicken over occasionally for an even browning. Add little water if necessary. Add green onion and serve hot.

ROASTED STUFFED CHICKEN

3 to 4 lb. chicken
Seasoning: Mix in bowl:
2 tbsp. soyu
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)
1 tbsp. oyster sauce
1 tsp. salt
1 clove garlic, 1 slice ginger — crushed
½ cup water or liquor
Stuffing:
2 tbsp. pearl barley (soaked overnight and boiled)
1 small can button mushrooms
2 sprigs Chinese parsley (minced)
1 small piece chung choi (washed and chopped)
1 stalk green onion (chopped)
¼ lb. pork (cut into small cubes)
Giblets (cut into small cubes)

Clean the chicken and rub the seasoning mixture on the outside of chicken. Let it soak for 1 hour in the seasoning, turning occasionally. Drain seasoning and bring to a boil with ½ cup water. Mix all ingredients for the stuffing together with seasoning and cook slowly for 20 minutes. Stir to prevent scorching. Stuff the chicken and sew the cavity. Brush the skin with oil and roast in oven at 300° for 1 hour. Sprinkle the chicken with salt and raise the oven temperature to 350° during the last 15 minutes. Brush the skin with oil twice during the cooking period.

ROASTED STUFFED CHICKEN WITH LILY FLOWER

1 chicken (3-4 lbs.)
¼ cup lily flower (kam choi)
1 cup dried mushrooms (small)
2 cups water or stock
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. salt
1 tsp. thick soyu
½ tsp. ve-tsin
1 slice ginger (crushed)
½ tsp. sugar
1 clove garlic (crushed)
Dash of heong liu fun (five spices)

Clean chicken and rub seasoning inside and out. Let stand for 30 minutes or more. Soak lily flower and mushrooms in water for 20 minutes. Lily flower must be washed two or three times, and hard ends removed. Cut stems from mushrooms. Add a little water to the remaining seasoning and cook mushrooms and lily flower in this for 10 minutes over a low flame. Remove from flame and stuff into the chicken. Roast in oven at 350° for 20 minutes. Turn over, add the water and bake another 20 minutes. Baste every 10 minutes during the last 20 minutes. Use liquid in pan for gravy and thicken with a little cornstarch. Chop chicken and place on top of stuffing laid out on platter. Pour gravy over. Garnish with Chinese parsley.

SOYU CHICKEN

3-4 lb. chicken
½ cup soyu
½ cup water
2 tsp. sugar
1 tsp. oyster sauce
1 clove garlic, 1 piece ginger } *crushed*
3 tbsp. liquor
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)
1 lb. beansprouts

Bring to boil all ingredients (except chicken and beansprouts). Brown chicken in deep oil if desired. Add chicken to the sauce mixture and simmer 40 minutes. Turn chicken over once to obtain even brown. Parboil beansprouts and drain all the water out. Line platter with beansprouts and arrange chopped chicken over this. Add cornstarch to the remaining sauce to thicken. Pour over chicken. Garnish with parsley.

STEAMED CHICKEN WITH DRIED BAMBOO SHOOTS

3-4 lb. chicken
1 cup dried bamboo shoots (soaked overnight)
2 stalks green onion (chopped fine)
Seasoning: Mix in bowl:
1 tbsp. red bean curd
1 tsp. salt
¼ tsp. ve-tsin
½ tsp. thick soyu
1 clove garlic, 1 slice ginger } *crushed*

Cut chicken into serving pieces. Soak in seasoning for 1 hour. Boil bamboo shoots for 1 hour or more. Slice into 1 inch lengths, discarding hard parts of shoots. Then boil in salted water for 30 minutes. Drain. Fry chicken in deep hot oil over a high flame just to brown the skin. Line the bamboo shoots in the bottom of a bowl and place chicken on top. Steam for 35 minutes. Drain liquid, thicken with cornstarch, adding water if necessary and salt to taste. Add green onion, then pour gravy over chicken.

STUFFED CHICKEN LEGS

5 chicken legs (drum sticks)
5 strips ham (length of drum sticks)
5 strips bamboo shoots (length of drum sticks)
1 egg (beaten)
Flour
Bread crumbs
Seasoning: Mix in bowl:
1 cup water
1 tbsp. soyu
1 tbsp. oyster sauce
1 small piece chung choi (washed)
1 slice ginger, 1 clove garlic } crushed
2 stalks green onion (chopped)
¼ tsp. ve-tsin
Salt to taste

Simmer chicken legs in seasoning for 15 to 20 minutes over a low flame with lid on. Take chicken out and remove bones, taking care not to damage the meat. Stuff chicken legs with the ham and bamboo shoots. Roll into flour and then into beaten egg and bread crumbs. Fry in hot deep oil until nice and brown. Garnish with parsley. Serve hot.

STUFFED CHICKEN WINGS (No. 1)

1 lb. chicken wings (boned)
6 dried mushrooms (soaked and stemmed)
1 stalk celery (for variation, use carrot sticks or bamboo shoots)
Seasoning: Mix in bowl:
1 tbsp. hoi sin cheong
1 tbsp. soyu
1 tsp. thick soyu
½ tsp. salt
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)

Soak mushrooms for 20 minutes or more and simmer for 10 minutes. Squeeze slightly and soak with chicken wings in seasoning for 20 minutes or more. Cut mushrooms and celery into strips and stuff wings. Do not overstuff. Arrange on oiled pan and broil until brown. Wings may also be fried in deep oil. (See page 147 on how to bone chicken wings.)

STUFFED CHICKEN WINGS (No. 2)

1 lb. chicken wings (cut at joints)
½ lb. piece mon yau (pig membranes)
5 dried mushrooms (soaked and stemmed)
5 stalks green onion (white part)
2 stalks celery
1 egg (beaten)
1 cup bread crumbs
¼ bundle long rice (dry)
Seasoning: Mix in bowl:
2 tsp. soyu
1 tsp. hoi sin cheong
¼ tsp. ve-tsin
1 tsp. salt

Soak chicken wings in seasoning for 15 or 20 minutes. Steam for 20 minutes or until tender. Take wings out and boil the mushrooms in the remaining sauce for a few minutes. Slice the mushrooms into strips. Cut the celery and green onion into the length of the wing. Take the bones out of the wings and stuff with 1 piece each of mushroom, celery and green onion. Roll in mon yau. Roll in flour, then egg and then in bread crumbs. Fry in deep oil. Cut long rice into 3 inch lengths. Deep fry. Line it on plate and sprinkle some spicy salt over it. Place stuffed chicken wings on long rice and garnish with parsley. Serve hot. (See page 15 for Spicy Salt.)

BOILED CHICKEN (Yin Yong Gai)

1 chicken (3-4 lbs.)
½ lb. boiled ham
1 piece chung choi (washed)
1 piece ginger (crushed)
1 tbsp. salt
Gravy:
2 cups chicken stock
2 tsp. soyu
¼ tsp. ve-tsin
1 tsp. oyster sauce
Salt to taste
} *boil together and thicken with cornstarch*

Boil enough water to cover the chicken. Add chung choi, ginger and salt and bring to a boil. Turn the flame low. Rest chicken on its side and put a tight lid on. Simmer for 25 minutes. Turn the chicken over and simmer another 25 minutes. During simmering period, the water must not come to a boil. Take chicken out and cool. Slice ham about 2 inches long. Cut the chicken into 2 inch pieces and arrange in dish with ham alternately in rows. Pour gravy over and garnish with parsley.

STUFFED DUCK (Chin Arp)

1 young duck (3-4 lbs.)
3 tbsp. pearl barley (soak overnight and boil until soft)
10 dried small mushrooms
½ cup canned mushrooms
½ cup pork (chopped fine)
⅓ cup bak ko
⅓ cup lin chee (soak overnight)
1 stalk celery
1 cup water or stock (approx.)
Seasoning: Mix in bowl:
¼ tsp. sugar
2 tsp. salt
1 tbsp. liquor, wine or whiskey
¼ tsp. ve-tsin
½ tsp. thick soyu
1 tsp. ginger juice
1 tbsp. soyu
1 piece kwo pee (small piece)
Dash of heong l.u fun (five spices)

Clean and dry duck thoroughly. Cut duck open in back leaving about 2 inches at top and bottom. Rub with a little thick soyu. Heat pan and brown duck slowly in deep fat. Remove from pan. Put pork in pan, using only a small amount of the oil. Fry for 1 minute. Add in all the rest of the vegetables and saute in the seasoning mixture for a minute or two; add water and cook 20 minutes. Fill cavity of duck with this mixture. Steam for 3 hours in deep bowl with open side up. When cooked, place another bowl over the duck and invert so that the opening is underneath. Garnish with Chinese parsley.

Variation in serving: Boned Duck. To bone duck after steaming, remove the stuffing. Starting at the back, pull out the bones one by one without disturbing the flesh. The duck should be cooked to the stage of tenderness at which the bones will slip out without pulling off the meat. Replace stuffing and invert duck. Serve whole with gravy.

CHINESE SALTED DUCK (Larp Arp)

1 salted duck in oil
½ lb. white water chestnuts (see kuu) or
2 medium sized potatoes cut in half lengthwise

Wash the duck 2 or 3 times in hot water. Peel the see kuu and line the bottom of a pan with it. Place the whole duck on top, add 1 cup of water and simmer for 30 minutes tightly covered. Take duck out, chop and place on top of the chestnuts in a platter. Garnish with Chinese parsley.

CRISPY DUCK

1 duck (5 or 6 lbs.)
2 eggs (beaten)
1 cup bread crumbs
1 cup flour
Seasoning: Mix in bowl:
1 tsp. thick soyu
1 tbsp. salt
Dash of heong liu fun (five spices)
1 tsp. soyu
1 piece kwo pee (dried orange peel size of 50¢ piece)
½ tsp. sugar
1 slice ginger } *crushed*
1 clove garlic }

Cut duck along upper back bone and clean well inside. Rub seasoning inside and out. Lay flat on a platter and steam for two hours or until tender. Remove duck from steamer, cool and remove all bones. Dip in flour and then into eggs and into bread crumbs. Press in more crumbs and chill in ice box for two or three hours. Fry in deep hot oil until brown. Slice and serve hot.

DUCK WITH DRIED BAMBOO

5 or 6 lb. duck (young)
2 cups dried bamboo
1 cup dried mushrooms
½ cup water chestnuts (cut in half)
2 stalks celery (cut in 1 inch lengths)
2 stalks green onion (cut in ½ inch lengths)
1 corner bar kock
1 small piece kwo pee (dried orange peel)
2 slices ginger } *crushed*
1 clove garlic }
Seasoning: Mix in bowl:
1 tbsp. vinegar
2 tbsp. red bean curd
3 tbsp. soyu
3 tbsp. liquor or wine
1 tsp. thick soyu
Dash of heong liu fun (five spices)
½ tsp. ve-tsin
1 tbsp. sugar

Cut the duck into 2 inch pieces. See page 149 for how to prepare dried bamboo and cut it into 1½-inch lengths. Wash the mushrooms and discard stems. Heat a pan with oil and brown the ginger and garlic. Fry duck until nicely browned. Drain off excess fat. Add seasoning and saute for 5 minutes over a low flame. Add all other remaining ingredients except celery and green onion. Add water to the level of the mixture, cover and simmer until tender. Salt to taste. Put in the celery and thicken the liquid with cornstarch. Add the green onion. Serve hot.

SWEET DRIED DUCK (Arp Hung Yuk)

3 pieces sweet duck

Wash once in hot water. Place in a bowl and steam for 15 minutes. Slice and serve with soyu.

CHINESE PORK OMELETTE

4 eggs (slightly beaten)
½ cup roast pork (diced small)
Salt to taste
1 stalk green onion (minced)
¼ tsp. ve-tsin
¼ cup stock or water

Mix all ingredients together with beaten eggs. Divide into 3 portions and fry in a well greased skillet over a low flame. Fold over and fry until done. (For plain omelettes, omit roast pork.)

Gravy for Omelette:
1 cup stock
¼ tsp. ve-tsin
1 tbsp. soyu
1 tsp. oyster sauce
Salt to taste
Dash of black pepper
4 tsp. cornstarch

Boil all ingredients (except cornstarch) in stock. When mixture comes to a boil, add cornstarch to thicken. Pour over omelette just before serving.

EGG FU YOUNG (Omelette)

½ cup ham
1 stalk celery
½ cup Chinese yam } *sliced thin into strips*
½ cup carrots
1 stalk green onion (cut into ½ inch lengths)
1 cup beansprouts
4 eggs (slightly beaten)
½ tsp. ve-tsin
½ tsp. salt
¼ tsp. soyu

Fry all ingredients (except eggs) in a pan with a small amount of oil until almost done. Remove from flame; cool. Mix eggs in. Heat pan with oil. Drop 3 tablespoons of mixture at a time in pan. Fry until brown on both sides over very low flame.

BOILED SALTED DUCK EGGS (Harm Taan)

Remove the coating of dirt from eggs and wash clean. Place in a pan with enough water to cover and bring to a boil. Then lower the flame and simmer for 20 minutes. Remove from flame and place under running cold water for a few minutes. Shell and cut into sections. Serve hot or cold. Allow 1 egg per serving.

GREEN PEPPER STUFFED WITH EGGS

4 medium sized green peppers
8 hard boiled eggs } *chopped fine*
¼ lb. ham } *chopped fine*
1 stalk celery } *chopped fine*
6 water chestnuts } *chopped fine*
1 stalk green onion } *chopped fine*
1 tsp. soyu
Salt to taste
½ tsp. ve-tsin

Cut green peppers in half lengthwise and remove seeds. Mix all remaining ingredients together and stuff in peppers. Steam 15 minutes. Serve on lettuce.

PRESERVED EGGS (Pee Tan)

3 Pee Tan (preserved eggs)

Remove the outside coating and wash many times. Remove shell and cut into sections. Serve as is. Serves 3.

STEAMED EGGS WITH HAM

¼ lb. chopped ham
5 eggs (slightly beaten)
1 cup hot water
1 piece chung choi (washed and chopped fine)
1 stalk green onion (chopped)
6 water chestnuts (chopped fine)
¼ tsp. ve-tsin
½ tsp. salt

Mix together all ingredients and steam for 20 minutes. Stir twice during steaming time.

ROAST GOOSE

1 goose
2 stalks celery (whole)
3 stalks green onion (whole)
Seasoning for inside: Mix:
1 tbsp. soyu
1 tsp. sugar
1 slice ginger, 1 clove garlic } crushed
½ tsp. ve-tsin
1 tbsp. liquor (wine or whiskey)
1 tbsp. salt
Seasoning for outside: Mix:
2 tbsp. thick soyu
½ tsp. ve-tsin
3 tbsp. salt
1 tbsp. sugar
2 tbsp. soyu

Mix together seasoning for inside of goose; rub well on the inside and let soak for 1 hour. Stuff with celery and green onion (for flavor) and rub on the outside seasoning. Place the goose on a rack in a shallow pan and roast uncovered in a moderate oven (325°). Allow about 20 minutes per pound. Raise the temperature to 450° the last 15 minutes of cooking.

FRIED SQUAB

2 squabs
Seasoning: Mix in bowl:
1 tsp. soyu
½ tsp. salt
2 tsp. sugar
1 tsp. thick soyu
1 tbsp. liquor
1 slice ginger
1 clove garlic
¼ tsp. ve-tsin
¼ tsp. pepper
⅛ tsp. heong liu fun (five spices)

Split squabs along spines and spread open. Rub with seasoning and let stand for 20 minutes. Heat oil in pan for deep frying. When hot, fry squabs for 8 minutes on each side or until nice and brown. If a crispy skin is preferred, press in flour before frying. Drain and serve in halves or chopped. Serve with lemon slices or with the following sauce:

Sauce for dipping: Mix well:
1 tbsp. hoi sin cheong
½ tsp. chili sauce (hot sauce)
1 tbsp. lemon juice or vinegar
¼ tsp. ve-tsin
1 tbsp. grated onion
1 tsp. sugar

SOYU SQUABS

4 squabs
Thick soyu
Seasoning: Mix in bowl:
⅓ cup soyu
2 tbsp. liquor
1 tbsp. sugar
½ cup water
½ tsp. ve-tsin
1 thin slice ginger } *crushed*
1 clove garlic }

Clean squabs and dry with a cloth. Rub with thick soyu. Heat pan with oil and brown squabs over a low flame. Remove from pan. Bring seasoning to a boil and add squabs. Cover and simmer over a very low flame for 35 minutes. Turn from time to time during the cooking period. Add salt if necessary.

ROAST STUFFED TURKEY

Stuffing: Mix and allow to stand 20 minutes:
½ lb. ham (cooked and diced)
1 lb. pork (boiled and diced)
1 medium Chinese taro or potato (diced and cooked)
1 medium can mushrooms
½ cup bamboo shoots (diced)
3 stalks green onion (chopped)
2 stalks celery (diced)
2 tbsp. sugar
½ tsp. ve-tsin
1 tbsp. oyster sauce
Salt to taste
Seasoning: Mix in bowl:
2 tbsp. salt
2 tbsp. soyu
4 tbsp. cooking oil
1 tbsp. thick soyu
½ tsp. ve-tsin
1 clove garlic } *crushed*
1 thin slice ginger }

Rub turkey inside and out with salt. Wash in warm water. Dry thoroughly with clean cloth. Brush seasoning on outside only. Stuff turkey lightly and sew cavity. Bake in oven at 300°. Allow about 25 minutes per pound. Baste with remaining seasoning every 30 minutes. Raise oven temperature to 375° during the last half hour of cooking.

PORK

BAKED HAM

Seasoning for basting ham: Mix in bowl:
¾ cup brown sugar
1 cup pineapple juice
½ tsp. ve-tsin
Dash of heong liu fun
½ tsp. sesame oil
2 tbsp. hoi sin cheong

Wash ham with warm water. Bake in oven at 325° for 45 minutes. Remove rind from ham. Score the surface of the fat into small squares. Add seasoning to liquid in pan and place ham back into oven. Allow 18 minutes per pound total baking time. Baste every 10 minutes with seasoning mixture. Remove ham from oven, slice and serve with pineapple.

BAKED HAM WITH CHINESE TARO

1 slice ham (2 inches thick)
1 Chinese taro (peeled) (Potato may be substituted)
Seasoning: Mix in bowl:
1 tbsp. liquor
1 tbsp. soyu
¼ tsp. ve-tsin
3 stalks chopped chives
1 tbsp. hoi sin cheong

Soak ham in seasoning for one hour or more. Slice taro about ¾ inch thick. Line a baking dish with the slices. Pour remaining seasoning over and add water just to level of the taro. Place ham on top. Bake in slow oven at 350° until taro is cooked. Turn ham once during baking. Increase temperature of oven to 450° the last 10 minutes of cooking for a nice brown.

HAM SHANK CHINESE STYLE

1 ham shank (2 to 3 lbs.)
1 clove garlic, 1 slice ginger } *crushed*
1 small piece chung choi (washed)
1 small carrot
1 cabbage
½ tsp. ve-tsin

Have the butcher saw the ham shank into three or four pieces. Wash with hot water two or three times. Place in a pot with just enough water to cover. Bring to a boil and add all ingredients except cabbage. Simmer until tender. Cut cabbage into wedges, add to the ham and cook until just tender. Add salt if necessary. Add ve-tsin just before turning off flame.

HAM WITH TOMATOES

½ lb. ham (sliced thin and flat)
2 medium ripe tomatoes } *cut into*
1 small round onion } *wedges*
2 stalks green onion (cut into ½ inch lengths)
1 clove garlic } *crushed*
1 slice ginger }
Seasoning: Mix in bowl:
2 tsp. soyu
¼ tsp. ve-tsin
½ tsp. sugar

Heat pan with oil. Brown ginger and garlic and add ham. Fry 2 minutes and add tomatoes and onions. Add seasoning and fry over a low flame, until onions are cooked. Do not over-cook. Add green onion. Serve hot.

PIG HEAD WITH HARM HA (Shrimp Sauce)

1 pig head
Have the butcher clean and bone. Then cut into 1 inch cubes.
Seasoning: Mix in bowl:
4 tbsp. harm ha
2 tbsp. soyu
1 tsp. sugar
½ tsp. ve-tsin
1 slice ginger
1 clove garlic } *minced*
2 stalks green onion

Parboil the pork 10 minutes and drain. Repeat once more for 5 minutes. Heat pan with little oil and fry the pork until slightly brown. Add seasoning and saute for 2 or 3 minutes. Add enough water to cover pork. Simmer until tender and water is almost gone. Add more water during cooking if necessary. Garnish with Chinese parsley.

RED COOKED PIG HEAD

1 pig head
1 piece chung choi (washed and cut into 1 inch pieces)
3 stalks green onion (cut into ½ inch lengths)
1 slice ginger, 2 cloves garlic } crushed
Seasoning: Mix in bowl:
6 tbsp. soyu
2 tsp. thick soyu
1 corner bar kock
3 tbsp. liquor
½ tsp. ve-tsin

Have the butcher clean and bone the pig head. Boil in salt water for 10 minutes and drain. Repeat once more. Cut pig head into serving pieces. Heat pan with little oil and brown ginger and garlic slightly. Fry pork for 1 or 2 minutes. Add seasoning and saute for 2 minutes more. Add enough water to cover pork. Add chung choi to the pork. Simmer until pork is tender and liquid almost gone. Add more water if necessary. Add green onion just before turning off the flame.

STUFFED PIG'S FEET

1 pair young pig's feet (do not chop)
½ lb. smoked ham (cut into strips)
10 large dried mushrooms (soaked and cut into halves)
2 stalks celery (cut into strips)
6 stalks green onion, white part only
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. thick soyu
1 clove garlic, 1 slice ginger } crushed
2 tbsp. liquor
1 tbsp. oyster sauce
2 tsp. salt
⅛ tsp. heong liu fun
1 corner bar kock

Clean pig's feet and parboil in salted water for 20 minutes. Cut once along length of feet and remove all large bones. Stuff the vegetables and ham in place of the bones and sew the cut edges together. Heat pan with oil and brown the feet slightly. Add seasoning and water to cover and simmer until very tender. Place on a layer of boiled water cress or spinach. Thicken the gravy with cornstarch and salt to taste. Pour over pig's feet and serve.

SWEET-SOUR PIG'S FEET

1 pair pig's feet (medium-sized)
2 large pieces ginger } *crushed*
1 clove garlic }
1½ cups vinegar
1½ cups water
6 tbsp. brown sugar
Seasoning: Mix in bowl:
2 tsp. salt
1 tsp. soyu
1 tsp. thick soyu
½ tsp. ve-tsin

Cut up pig's feet into small chunks and parboil. Put oil in hot pan; brown ginger and garlic. Put pig's feet in and fry 1 or 2 minutes. Simmer with seasoning for 1 minute. Add vinegar, sugar and water; cook until tender.

PIG'S INTESTINES WITH VEGETABLES (Gee Saan Chong)

2 pig intestines (gee saan chong)
¼ lb. Chinese peas (stringed)
1 stalk celery (sliced)
¼ cup dried fungus (chin gee)
1 small round onion
1 slice ginger } *crushed*
1 clove garlic }
1 cup boiling water or stock
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
⅛ tsp. pepper
1 tsp. salt
½ tsp. ve-tsin
1 tsp. oyster sauce

Soak the dried fungus for ½ hour and wash clean. Cut round onion into sections. Wash gee saan chong in hot water with salt. Parboil for 5 minutes. Run under cold water, split in half and rub with salt. Wash and cut into 1½ inch lengths. Parboil again for 10 minutes. Drain. Heat pan with oil. Brown ginger and garlic, and add gee saan chong. Put in seasoning and saute for 5 minutes over a low flame. Add all the vegetables and fry 1 minute. Add boiling water and cook 1 minute. Thicken gravy with cornstarch and serve. Do not over-cook vegetables.

PIG'S SMALL INTESTINE (Gee Fun Chong)

2 lbs. gee fun chong
1 cup dried mushrooms (soaked for 20 minutes)
2 stalks celery (cut into 1 inch lengths)
2 stalks green onion (cut into ½ inch lengths)
1 slice ginger, 1 clove garlic } crushed
1 corner bar kock (washed)
3 red dates (washed)
1 cup water
Seasoning: Mix in bowl:
2 tbsp. wine
1 tsp. vinegar
½ tsp. sugar
2 tbsp. soyu
1 tsp. salt
¼ tsp. pepper
¼ tsp. ve-tsin
1 tsp. oyster sauce

Clean gee fun chong as directed on page 144 and parboil for 10 minutes. Cut into 1½ inch lengths and parboil for another 10 minutes more. Drain. Heat pan with oil, and brown ginger and garlic. Add gee fun chong and fry 1 minute. Add seasoning and saute 1 or 2 minutes over a low flame. Add water and bring to a boil. Put in bar kock, red dates and the mushrooms. (Cut stems from mushrooms and, if large, cut into halves.) Cook for 30 minutes over a low flame and add celery. Thicken gravy with cornstarch and add green onions. Serve hot. Garnish with Chinese parsley.

SWEET-SOUR PIG INTESTINE (Gee Saan Chong)

3 gee saan chong
1 clove garlic, 1 slice ginger } crushed
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
4 tbsp. vinegar
3 tbsp. sugar
1½ tsp. salt
1 tbsp. soyu
2 tbsp. water
½ tsp. ve-tsin
¼ tsp. sesame oil
2 tbsp. liquor

Clean and cut the gee saan chong as directed in the recipe for "Pig Intestines with Vegetables," page 144 Heat pan with oil. Brown the ginger and garlic slightly, add the gee saan chong and fry for 1 minute. Add the seasoning and cook for 5 minutes over a low flame. If there is not much liquid, add more water to make a gravy and thicken with cornstarch. Add green onion and serve hot.

BAKED PORK STEAK

1 lb. pork steak (½ inch thick)
1 large potato (cut into ½ inch slices)
Seasoning: Mix in bowl:
2 tbsp. grated onion
4 tbsp. soyu
1 tsp. sugar
¼ tsp. ve-tsin
1 slice garlic, 1 slice ginger } *crushed*

Soak pork in seasoning for 20 minutes. Line an oiled baking dish with the potato slices. Place pork on top. Pour the remaining seasoning over the pork and bake at 350° for ¾ hour. Turn over once or twice for even browning. Raise temperature of oven to 450° the last 10 minutes of baking. Arrange pork and potatoes on a platter and garnish with Chinese parsley.

CABBAGE WITH PORK

½ of a small cabbage (cut into 1 inch cubes)
¼ lb. pork
1 clove garlic (crushed)
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. thick soyu
1 tsp. salt
¼ tsp. ve-tsin

Heat oil in pan and brown garlic slightly. Add pork and fry for a minute. Add seasoning and saute for a minute or two; add cabbage. Lower flame and simmer until done. Do not over-cook cabbage.

CHINESE SAUSAGE (Larp Chong)

5 pairs Chinese sausages

Wash sausages in hot water 2 or 3 times. Place in a dish and steam for 15 minutes. Slice diagonally into thin slices. Serve hot with soyu, if desired.

CRISPY SKIN ROAST PORK

3 lbs. pork (Belly pork preferred)
1 tsp. Hawaiian salt
2 tsp. yuen see cheong (bean sauce)
⅛ tsp. heong liu fun
1 tsp. thick soyu
¼ tsp. ve-tsin
1 tbsp. soyu

Mix all ingredients, except pork, in a bowl. Cut the pork in strips but not through skin. Rub this mixture on the inside of the pork, not the skin. Place on a rack skin side down and roast in oven at 400° for about 40 minutes. Turn over with skin side up and roast at 450° for about 20 minutes until skin is nice and brown. Take it out to cool. Slice and serve with oyster sauce.

GROUND PORK WITH TOFU

¼ lb. pork, ground
1 block tofu (cut into small cubes)
1 slice ginger, 1 clove garlic } crushed
1 cup water or stock
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. oyster sauce
1 tsp. salt
¼ tsp. ve-tsin
1 tsp. liquor
Salt to taste

Heat pan with oil. Brown ginger and garlic slightly, add pork and fry 1 minute. Season and saute for another minute. Add water. When mixture comes to a boil, add tofu. Cook for 5 minutes. Thicken with a little cornstarch and add green onion.

HARM HA PORK

½ lb. pork (sliced thin and flat)
1 slice ginger } *crushed*
1 clove garlic }
½ stalk celery (sliced)
1 stalk green onion (chopped)
5 tbsp. water or stock
1 tbsp. harm ha
⅛ tsp. ve-tsin

Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry 1 minute. Put in the celery and fry another minute. Add water and bring to a boil. Add harm ha, ve-tsin and green onion and cook 1 minute more. Serve hot.

KAU YUK
(Pot Roast Pork)

(Also Known as Steamed Pork)

2 lbs. belly pork
1 potato or Chinese taro
1 tsp. salt
1 tbsp. soyu
3 or 4 drops red coloring
⅛ tsp. heong liu fun
1 corner bar kock (washed)
1 tbsp. thick soyu
2 tbsp. red bean curd
1 to 2 tbsp. brown sugar
¼ tsp. ve-tsin
1 slice ginger } *crushed*
1 clove garlic }

Boil pork for 15 minutes. Run under cold water. Prick the skin with a fork to allow the excess fat to ooze out. Wipe pork dry. Rub the surface with the thick soyu. Fry in hot oil until brown on all sides. Return to cold running water for 2 or 3 minutes. Wipe dry and slice cross-wise into ¼ inch pieces. Slice potato likewise. Add remaining ingredients to pork and allow to stand for a few minutes. Place pork in bowl with skin next to the bottom of the bowl. Arrange potato slices in between pork slices. Steam for 2 hours or until very tender. Invert contents of bowl on dish when serving, garnish with Chinese parsley.

LIMA BEANS WITH PORK

½ lb. lima beans (if dried, soak overnight)
1 lb. dried cod fish (soaked overnight and parboiled)
1 lb. pork (cut into chunks 1 by 1½ inches)
1 clove garlic } *crushed*
1 slice ginger }
Green onions (chopped)
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
½ tsp. ve-tsin

Heat a pan with oil and brown ginger and garlic. Fry pork 1 minute. Add lima beans and enough water to cover. Add seasoning and simmer until soft. If necessary, add more water from time to time. Salt to taste. About 5 minutes before turning off flame, add the green onion. Add the cod fish the last half hour of cooking.

LONG RICE WITH PORK AND CHIVES

1 bundle long rice
¼ lb. pork (cut into strips)
1 cup beansprouts
6 stalks chives (cut into ½ inch lengths)
1 slice ginger } *crushed*
1 clove garlic }
2 cups water
Seasoning: Mix in bowl:
1 tbsp. soyu
¼ tsp. ve-tsin
1 tsp. oyster sauce
1¼ tsp. salt

Soak the long rice in hot water for 20 minutes or more and cut into 3 inch lengths. Heat a pan with oil. Brown the ginger and garlic, add pork and fry 1 minute. Add the seasoning and saute for 1 minute. Add the water and bring to a boil. Put in the long rice and cook for 3 minutes. Then add the beansprouts and chives and cook for 2 minutes. Serve immediately.

MUSHROOMS STUFFED WITH PORK HASH

1 lb. pork hash (see recipe for pork hash, page 51)
24 dried mushrooms (medium sized)

Soak mushrooms for 1 hour or more. Boil in very little water for 30 minutes. Drain, squeeze out water lightly, and remove stems. Put a generous portion of pork hash on the under side of each mushroom. Arrange in a bowl stuffed side up and steam about 30 minutes. When cooked, invert over another bowl and serve with gravy; garnish with Chinese parsley.

PORK CHOPS

4 pork chops
2 cups beansprouts
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. thick soyu
¼ tsp. ve-tsin
1 tsp. sugar
1 clove garlic, 1 slice ginger } *crushed*
1 tsp. salt

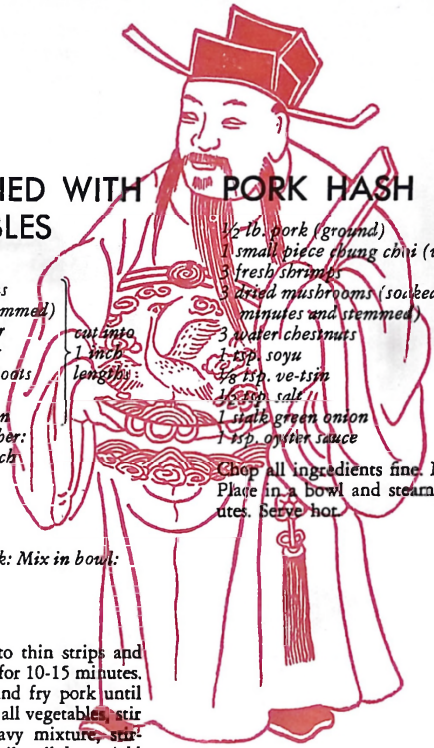
Soak pork chops in seasoning for 10 minutes or more. Save seasoning. Heat pan with oil. Fry pork chops over low flame until brown and well-done. Remove pork chops from pan. Fry beansprouts in same pan for 2 minutes. Add remaining seasoning and green onion. Fry 1 minute longer. Place on plate and top with pork chops. Garnish with Chinese parsley.

PORK FRIED WITH VEGETABLES

½ lb. pork
½ cup mushrooms (soaked and stemmed)
½ cup cauliflower
¼ lb. string beans
¼ cup bamboo shoots
2 stalks celery
1 stalk green onion
Gravy: Boil together:
½ tsp. cornstarch
1 cup stock
¼ tsp. sugar
1 tsp. soyu
1 tsp. salt
Seasoning for pork: Mix in bowl:
1 tbsp. soyu
1 tbsp. liquor
¼ tsp. ve-tsin

cut into 1 inch lengths

Slice the pork into thin strips and soak in seasoning for 10-15 minutes. Heat oil in pan and fry pork until almost done. Add all vegetables, stir together. Add gravy mixture, stirring constantly until well done. Add green onion just before turning flame out. Serve hot.



PORK HASH

½ lb. pork (ground)
1 small piece chung chi (washed)
3 fresh shrimps
3 dried mushrooms (soaked 20 minutes and stemmed)
3 water chestnuts
1 tsp. soyu
⅛ tsp. ve-tsin
½ tsp. salt
1 stalk green onion
1 tsp. oyster sauce

Chop all ingredients fine. Mix well. Place in a bowl and steam 20 minutes. Serve hot.

PORK WITH BAMBOO SHOOTS

1 lb. pork (sliced ¼ inch by 1 inch)
1 slice ginger } *crushed*
1 clove garlic }
1 can bamboo shoots (sliced ⅛ inch by 1 inch)
¼ lb. string beans (cut into ¾ inch lengths)
1½ cups water
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. yuen see cheong (mashed)
1 tsp. liquor
¼ tsp. ve-tsin
1 tsp. salt

Heat pan with oil. Slightly brown ginger and garlic, then add pork and fry for 1 minute. Add seasoning and saute for 1 or 2 minutes. Then add bamboo shoots and water. Simmer 30 minutes or until pork is tender over a low flame. Put in string beans and cook 5 minutes without cover. Add cornstarch to thicken. Finally add the green onion. Serve hot.

PORK WITH BEANSPROUTS

¼ lb. pork
1 lb. beansprouts
2 fried tofu (optional)
1 stalk chopped green onion
¾ cup stock or water
Seasoning: Mix in bowl:
¼ tsp. thick soyu
½ tbsp. soyu
1 tsp. liquor
¼ tsp. ve-tsin
1 tsp. salt
1 clove garlic, 1 piece ginger } crushed

Slice pork thin. Heat oil in pan. Brown ginger and garlic. Fry pork for 1 minute. Add seasoning mixture and saute for another minute. Add beansprouts and fried tofu together with stock and cook for 5 more minutes. Then add green onion and thicken with cornstarch.

PORK WITH CHIEN GEE (Fungus)

½ lb. pork (sliced thin and flat)
1 slice ginger, 1 clove garlic } crushed
¼ cup dried chien gee (fungus)
6 water chestnuts (sliced)
2 stalks celery (cut into 1 inch lengths)
1 small round onion (cut into 1 inch squares)
¼ lb. green Chinese peas (do not cut)
1¼ cups water or stock
Seasoning: Mix in bowl:
1 tbsp. soyu
1½ tsp. salt
1 tsp. oyster sauce.
1 tsp. liquor
⅛ tsp. ve-tsin

Soak chien gee (fungus) in hot or cold water 30 minutes or more. Wash 2 or 3 times. Drain all water. Heat pan with oil. Slightly brown ginger and garlic and add pork and fry for 1 minute. Add seasoning and saute for another minute. Put in chien gee, water chestnuts, celery, and round onion and fry 3 minutes. Add green peas and water. When it comes to a boil, stir while cooking for 1 minute. Thicken with a little cornstarch. Serve hot.

PORK WITH DAU GOCK (Long Beans)

½ lb. pork (sliced thin and flat)
1 slice ginger } *crushed*
1 clove garlic }
1 bunch long beans (1 lb.)
¾ cup water
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. salt
¼ tsp. ve-tsin
1 tsp. sugar

Discard ends of beans and break into approximately 1½ inch lengths. Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry 1 minute. Put in seasoning and saute for 1 minute. Add beans and cook 2 more minutes. Add water and cook until done. Stir occasionally while cooking. Thicken with cornstarch. Serve hot.

PORK WITH CHINESE TARO

½ lb. pork (sliced thin)
1 slice ginger } *crushed*
1 clove garlic }
1 medium sized Chinese taro
2 cups water or stock
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. sugar
1 tbsp. soyu
1 tsp. salt
1 tbsp. liquor
¼ tsp. ve-tsin

Peel and slice taro into pieces approximately ⅓ inch by 1 inch. Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry another minute. Put in the water and seasoning mixture and simmer until taro is done. Stir carefully occasionally during cooking. Just before turning off flame, add the green onion.

PORK WITH DAU SEE

½ lb. pork (sliced ⅛ inch thick)
2 tbsp. dau see (washed)
½ cup water
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
¼ tsp. ve-tsin

Heat pan with oil. Fry pork for 1 minute. Put in seasoning and saute for 1 minute. Add dau see and cook another minute. Add water, cover, and simmer 10 minutes. Just before turning off flame, add green onion.

PORK WITH EGG PLANT

¼ lb. pork (sliced thin and flat)
1 lb. egg plant (cut ½ inch thick)
1 slice ginger, 1 clove garlic — crushed
½ cup water or stock
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. soyu
½ tsp. sugar
1½ tsp. salt
¼ tsp. ve-tsin
1 tsp. oyster sauce

Soak egg plant in water for one hour or more. Drain. Heat pan with oil. Brown ginger and garlic slightly, add pork, and fry 1 minute. Add seasoning, and saute another minute. Add egg plant and fry for an additional 2 minutes. Add water, cover, and cook until done. Just before turning off flame, add green onion.

PORK WITH JAR CHOI (Preserved Vegetables)

½ lb. pork } sliced thin
¼ lb. jar choi } and flat
¼ lb. Chinese peas
1 clove garlic } crushed
1 slice ginger }
½ cup water
1 stalk green onion
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. liquor
½ tsp. sugar
¼ tsp. ve-tsin

Wash jar choir three or four times. Slice and soak in water for 5 minutes. Heat pan with oil. Brown ginger and garlic. Add pork and fry for 1 minute. Add seasoning and saute 1 minute over a low flame. Add jar choi and water; cook 4 minutes. Add peas. Thicken with cornstarch and add green onion. Salt to taste.

PORK WITH LONG RICE

¼ lb. pork (cut into small strips)
1 bundle long rice
1 clove garlic } crushed
1 slice ginger }
1 piece chung choi (washed and chopped fine)
1 cup water or stock
1 stalk green onion (cut into ½ inch lengths)
1 egg (slightly beaten)
Seasoning: Mix in bowl:
2 tbsp. soyu
¼ tsp. ve-tsin
1¼ tsp. salt

Put long rice in boiling water for 20 minutes or more, drain, and cut into approximately 2 inch lengths. Mix pork in seasoning and let stand for 10 minutes or more. Heat pan with oil. Brown ginger and garlic. Fry pork for 1 minute. Add water and bring to a boil. Add chung choi and long rice. Cook 5 minutes. Just before turning off flame, add green onion and egg. Serve hot.

PORK WITH MUSHROOMS

1 lb. pork (sliced thin and flat)
1 slice ginger } crushed
1 clove garlic }
20 dried mushrooms (soaked 20 minutes and cut into halves)
½ can bamboo shoots (cut into 1 inch lengths)
2 stalks celery (cut into 1 inch lengths)
1 cup water or stock
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. soyu
1¼ tsp. salt
½ tsp. sugar
¼ tsp. ve-tsin
1 tsp. liquor
1 tsp. oyster sauce

Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry 1 minute. Put in seasoning and saute for 1 minute. Add stemmed mushrooms and bamboo shoots and fry for 1 minute. Then add water, cover, and cook 5 minutes over a low flame. Put in celery and cook 2 minutes. Thicken with cornstarch. Just before turning off flame, add green onion. Garnish with Chinese parsley.

PORK WITH SIN CHOI (Pickled Cabbage)

¼ lb. pork
1 lb. pickled cabbage
1 tbsp. soyu
1 tsp. salt
1 piece ginger, 1 clove garlic } *crushed*
Seasoning: Mix in bowl:
2 tbsp. sugar
2 tbsp. vinegar
¼ cup stock or water
¼ tsp. ve-tsin
1 tsp. cornstarch

(Pickled cabbage may be obtained at local grocery stores.) Wash cabbage and squeeze out water. Put cabbage in pan without oil and cook until dry. Remove from pan. Put oil in pan; fry ginger and garlic, add sliced pork and fry for a minute. Add soyu and salt together with cabbage and fry for another minute. Add seasoning and after cooking for another 3 minutes, serve.

PORK WITH SPINACH

¼ lb. pork (sliced thin and flat)
1 slice ginger, 1 clove garlic } *crushed*
1 cup water
1 bunch spinach
2 tsp. salt
¼ tsp. ve-tsin

Heat pan with oil. Brown ginger and garlic slightly. Add water. When it comes to a boil, add salt, ve-tsin, and pork. Cook 5 minutes. Put in spinach and cook until done.

PORK WITH STRING BEANS

½ lb. pork (sliced thin and flat)
1 clove garlic } crushed
1 slice ginger }
1 lb. string beans (cut into ½ inch lengths)
1 small carrot (cut into 1 inch lengths)
¾ cup water or stock
Seasoning: Mix in bowl:
1½ tsp. salt
1 tbsp. soyu
¼ tsp. ve-tsin

Heat pan with oil. Slightly brown ginger and garlic. Add pork and fry for 1 minute. Then put in seasoning, and fry for another minute over low flame. Add string beans, carrot and water. Cook for a few minutes without cover until vegetables are tender. Thicken slightly with a small amount of cornstarch. Serve hot.

PORK WITH TOFU

½ lb. pork (sliced thin and flat)
1 slice ginger } crushed
1 clove garlic }
1 cup water or stock
1 block tofu (cut into small cubes)
¼ cup chien gee (fungus) (soaked 30 minutes or more; washed thoroughly)
1 stalk celery (cut into ½ inch lengths)
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. soyu
¼ tsp. ve-tsin
1½ tsp. salt
½ tsp. sugar

Add pork to seasoning, mix, and let stand for 10 minutes or more. Heat pan with oil. Brown ginger and garlic. Fry pork for 1 minute and add water. When it comes to a boil, put in tofu and cook 5 minutes. Add chien gee (fungus) and celery. Cook 3 minutes longer. Thicken with a small amount of cornstarch. Just before turning off flame, add the green onion.

PORK WITH TURNIPS

½ lb. pork (sliced thin and flat)
1 slice ginger } *crushed*
1 clove garlic }
3 Chinese turnips (sliced thin and flat)
1 strip chung choi (washed)
½ cup water or stock
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. soyu
1½ tsp. salt
¼ tsp. ve-tsin
½ tsp. sugar

Heat pan with oil. Slightly brown ginger and garlic, then add pork and fry 1 minute. Add seasoning and saute for 1 minute. Put in turnips and chung choi and fry another minute. Add water and simmer 5 minutes or until turnips are cooked. Then add cornstarch to thicken. Just before turning off flame, add the green onion.

PUMPKIN-PORK

½ lb. pork (sliced thin and flat)
1 slice ginger } *crushed*
1 clove garlic }
½ small pumpkin (cut into 1 inch by ¼ inch pieces)
1 to 2 cups water
2 stalks green onion (cut into ½ inch lengths)
1 stalk celery (cut into ½ inch lengths)
Seasoning: Mix in bowl:
2 tbsp. dau see (washed)
1 tbsp. soyu
2 tsp. salt
1 tsp. oyster sauce
1 tbsp. liquor
¼ tsp. ve-tsin

Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry 1 minute. Put in seasoning and saute for 1 minute. Add pumpkin and water. Cover and simmer until done. Stir occasionally during cooking. Just before turning off flame, add celery and green onion. Serve warm.

RED COOKED PORK (Hoong Siu Gee Yuk)

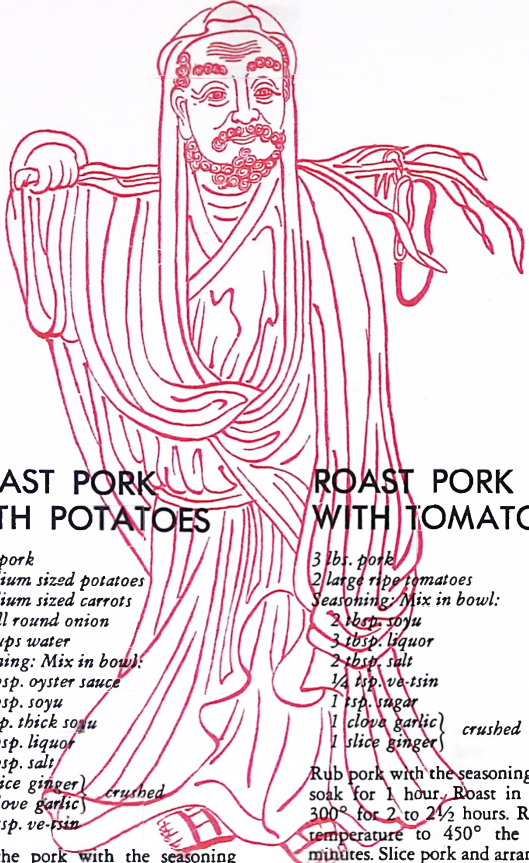
2 lbs. pork belly (parboil 5 minutes)
1 corner bar kock (washed)
4 stalks chopped chives
1 slice ginger, 1 clove garlic } crushed
½ cup water
1 tbsp. thick soyu
5 tbsp. liquor
⅛ tsp. heong liu fun
1 tsp. salt
2 tsp. sugar
2 tbsp. soyu
½ tsp. ve-tsin
1 or 2 drops red coloring

Rub pork with thick soyu. Brown on all sides over a low flame. Take pork out and cut into 1 inch squares. Mix all remaining ingredients, except water, and soak pork in mixture for 1 hour. Place in sauce pan and add water. Simmer for 1½ hours or until very tender. Serve on boiled water cress with skin side up. Thicken remaining liquid with cornstarch and pour over pork. Garnish with Chinese parsley.

ROAST PORK WITH GRAVY

2 lbs. pork
¼ cup dried chien gee (fungus)
2 stalks green onion (cut into ½ inch lengths)
2 stalks celery (cut into 1 inch lengths)
2 cups water or stock
Seasoning: Mix in bowl:
1 piece ginger, 1 clove garlic } crushed
2 tbsp. liquor
1½ tsp. salt
3 tbsp. soyu
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)

Rub seasoning on pork. Let stand for a few minutes. Heat pan with oil and brown pork on all sides. Add remaining seasoning together with 3 cups water or stock. Simmer for 40 minutes; turn over and simmer for 40 minutes more. Add celery, chien gee; simmer 5 minutes or more. Remove pork and save gravy. Place chien gee on platter and top with the pork (sliced). Add a little cornstarch to the gravy and bring to a boil. Add green onion. Pour over pork before serving. Wong bok, water cress, or beansprouts may be substituted for fungus. However, if these vegetables are used, boil in plain water and place on platter.



ROAST PORK WITH POTATOES

3 lbs. pork
3 medium sized potatoes
2 medium sized carrots
1 small round onion
1½ cups water
Seasoning: Mix in bowl:
1 tbsp. oyster sauce
2 tbsp. soyu
1 tsp. thick soyu
1 tbsp. liquor
1 tbsp. salt
1 slice ginger } *crushed*
1 clove garlic }
¼ tsp. ve-tsin

Rub the pork with the seasoning and let soak for 1 hour. Roast pork in pan with the potatoes, onion, and carrots at 350° for 1 hour. Add the water and the remaining seasoning and continue to roast for 1 hour. Slice potatoes and carrots and line on a platter. Arrange sliced pork over the vegetables and pour gravy all over. Garnish with Chinese parsley.

ROAST PORK WITH TOMATOES

3 lbs. pork
2 large ripe tomatoes
Seasoning: Mix in bowl:
2 tbsp. soyu
3 tbsp. liquor
2 tbsp. salt
¼ tsp. ve-tsin
1 tsp. sugar
1 clove garlic } *crushed*
1 slice ginger }

Rub pork with the seasoning and let soak for 1 hour. Roast in oven at 300° for 2 to 2½ hours. Raise the temperature to 450° the last 15 minutes. Slice pork and arrange on a platter with lettuce. Slice the tomatoes and place around the pork. Serve with oyster sauce.

ROUND LEG OF PORK (Yuen Taai)

2-3 lbs. leg of pork (with skin on)
2 to 3 cups water or stock
1 tbsp. thick soyu to rub on pork
Cornstarch
Seasoning: Mix in bowl:
- *2 tbsp. soyu*
- *1 tbsp. tou fu moi (white bean curd)*
- *3 tbsp. liquor*
- *1 tbsp. sugar (brown)*
- *1 tsp. salt*
- *½ tsp. ve-tsin*
- *1 clove garlic, 1 slice ginger* } *crushed*

Rub pork with thick soyu. Brown on all sides over a low flame. Add water and seasoning and simmer for 3 hours or until very tender. Turn over twice during cooking period. Serve whole or sliced with skin side up. Serve on boiled vegetables such as water cress, wong bok or bean-sprouts. Skim excess fat from liquid and thicken with cornstarch. Add more water if necessary. Pour gravy over pork. Garnish with Chinese parsley.

SOYU PORK (Harm Soong)

1 lb. pork (cut ⅛ inch by 1 inch)
1 roll chung choi (washed and cut into ½ inch lengths)
1 handful dried shrimps (washed)
4 stalks green onion (cut into ½ inch lengths)
1 clove garlic, 1 slice ginger } *crushed*
1 stalk celery (cut into ½ inch lengths)
Seasoning: Mix in bowl:
- *7 tbsp. soyu*
- *¼ tsp. ve-tsin*
- *½ tsp. sugar*
- *1 tsp. oyster sauce*

Heat a pan with oil. Brown the ginger and garlic and fry the pork for 1 minute. Add the seasoning and saute for 1 minute. Add the chung choi and shrimps. Simmer for 15 minutes or until the liquid has almost evaporated. Add the green onion and serve. This will keep in the icebox for several days.

STEAMED PORK WITH HARM HA

½ lb. pork (parboiled)
1 stalk green onion (minced)
2 tbsp. harm ha
⅛ tsp. ve-tsin

Slice pork thin and flat. Place in a dish. Sprinkle with harm ha, ve-tsin, and green onion. Steam 15 to 20 minutes. Serve hot.

STEAMED PORK WITH OYSTER SAUCE

2 lbs. pork (cut into 1½ inch chunks)
1 medium size Chinese taro or 1 lb. dasheen
6 dried mushrooms (soaked; stems removed)
2 stalks green onion (chopped fine)
2 tbsp. oyster sauce
Seasoning: Mix in bowl:
1 tbsp. thick soyu
1 tsp. salt
¼ tsp. black pepper
1 tbsp. soyu
¼ tsp. ve-tsin
1 slice ginger, 1 clove garlic } *crushed*

Soak pork in seasoning for 1 hour. Slice taro into three pieces. If dasheen, use whole. Fry pork in oil until nice and brown. Place taro and mushrooms in bottom of bowl and place pork on top. Steam for 1 hour or until pork is tender. Drain liquid from bowl for gravy. Skim away excess fat. Add oyster sauce and sufficient water for gravy. Thicken with cornstarch and salt to taste. Add green onion. Pour gravy over pork. Garnish with Chinese parsley.

STEAMED PORK WITH TOU FU MOI (White Bean Curd)

2 lbs. pork
1 cup water
1 can button mushrooms
1 slice ginger } crushed
1 clove garlic }
Seasoning: Mix in bowl:
2 tbsp. tou fu moi
1 tsp. oyster sauce
½ tsp. ve-tsin
Salt to taste

Cut pork into serving pieces about 1 inch thick. Heat pan with oil. Brown ginger and garlic. Add pork and fry two minutes. Add seasoning and saute another two minutes over a low flame. Add water and mushrooms and simmer for ½ hour or until tender. Add more water if necessary. Drain liquid to make a gravy. Skim away excess oil and thicken with cornstarch. Pour over pork. Garnish with Chinese parsley.

STUFFED BITTER MELON WITH PORK HASH

4 medium sized bitter melons
½ lb. ground pork
2 tbsp. dried shrimps or 4 fresh shrimps (chopped fine)
1 small piece chung choi (washed and chopped fine)
3 water chestnuts (chopped fine)
½ tsp. salt
1 tsp. soyu
2 tsp. cornstarch
½ tsp. sugar
⅛ tsp. pepper
Gravy:
1 tbsp. dau see (washed and mashed)
½ cup water or stock
1 tsp. oyster sauce
Salt to taste

Cut bitter melons into 1½ inch lengths. Remove seeds and parboil for 2 minutes. Drain. Mix well remaining ingredients and stuff bitter melon sections with this mixture. Place in pan, add gravy and simmer for 30 minutes or until tender. Thicken gravy with cornstarch before serving.

STUFFED GREEN PEPPER WITH GROUND PORK (Yung Lart Chu)

4 medium sized green peppers
½ lb. ground pork
1 small piece chung choi } *chopped*
2 stalks green onion } *fine*
1 tbsp. oyster sauce
1 tsp. salt
¼ tsp. ve-tsin

Cut green peppers into halves lengthwise. Remove all seeds. Add all ingredients to the ground pork. Stuff lightly in the peppers and place in a bowl. Steam 25 minutes. Thicken the liquid with cornstarch and pour over peppers. Serve on bed of lettuce.

STUFFED TOFU WITH PORK

1 block tofu
2 fresh shrimps } *chopped*
¼ lb. pork } *chopped*
2 tbsp. bamboo shoots } *chopped*
1 piece chung choi (washed) } *chopped*
1 stalk green onion } *fine*
4 tbsp. Chinese yam or water chestnut } *fine*
½ tsp. salt
Seasoning: Mix in bowl:
1 cup stock or water
1 tsp. salt
¼ tsp. ve-tsin
1 tsp. soyu
1 tbsp. oyster sauce
Dash of pepper

Mix well all ingredients, except tofu and green onion. Cut tofu into 3 slices, then into 4 equal squares. Slit one corner of each piece and stuff with mixture. Arrange in pan, add seasoning, and simmer 15 or 20 minutes. Just before removing from flame, thicken with a little cornstarch and add chopped green onion.

SWEET PORK (Char Seu)

2 lbs. lean pork
1 tsp. soyu
¼ tsp. thick soyu
1 tsp. salt
3 tbsp. sugar
⅛ tsp. heong liu fun
1 tbsp. red bean curd
¼ tsp. ve-tsin
1 tbsp. liquor
1 tsp. oyster sauce
2 or 3 drops red coloring

Cut pork into pieces about 1½ inches thick. Mix all ingredients together and let pork soak in this mixture for 1 hour. Bake in oven for 1 hour at 350°. Slice thin and serve.

WATER CRESS-PORK

¼ lb. pork (sliced thin and flat)
1 slice ginger, 1 clove garlic — crushed
½ cup water or stock
1 bunch water cress (cut into 1½ inch lengths)
2 tsp. salt
¼ tsp. ve-tsin

Heat pan with oil. Brown ginger and garlic slightly. Add pork and fry 1 minute. Put in salt and ve-tsin and fry for another minute over a low flame. Add water. When it comes to a boil, add water cress. Cook 3 minutes or until done.

CURRIED RIBS

2 lbs. spareribs (chopped)
3 tbsp. curry
1 clove garlic } *crushed*
1 slice ginger }
1 round onion (cut into 1 inch cubes)
¼ cup evaporated milk
2 cups water
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. liquor
1 tsp. salt
1 tsp. sugar
1 tsp. soyu
½ tsp. ve-tsin
1 tbsp. cornstarch

Soak spareribs in seasoning mixture for 20 minutes. Brown ginger and garlic in hot oiled pan. Add spareribs and fry until slightly brown. Remove excess oil. Add curry and fry 1 minute more over a low flame. Add water and simmer until the ribs are tender. Add onion and milk and cook 5 minutes; then add the green onion. Serve hot.

OVEN BARBEQUED SPARERIBS

2 lbs. spareribs
1 tbsp. vinegar
4 tbsp. soyu
3 tbsp. sugar
¼ tsp. ve-tsin
1 tbsp. liquor
1 slice ginger } *minced*
1 clove garlic }
1 tbsp. oyster sauce
1 small round onion (sliced)

Chop spareribs into 4 inch pieces. Mix all remaining ingredients in a bowl and soak the spareribs in this mixture for 1 hour. Place in a pan and bake at 350° for 1 hour with cover on. Turn once or twice to brown evenly. Bake uncovered 20 minutes longer for extra browning.

RED COOKED SPARERIBS

2 lbs. spareribs (cut into 1 inch pieces)
1 cup water
1 stalk green onion (cut into ½ inch pieces)
Seasoning: Mix in bowl:
3 tbsp. soyu
1 tsp. thick soyu
1 tsp. sugar
1 tsp. salt
¼ tsp. ve-tsin
1 slice ginger, 1 clove garlic } crushed
2 strips chung choi (chopped)

Heat pan with very little oil; fry spareribs until slightly brown. Take out all oil; add seasoning and fry for 1 minute. Add water and simmer until spareribs are tender and gravy almost gone. Add green onion just before serving.

ROAST SPARERIBS

3 lbs. spareribs (whole)
Seasoning: Mix in bowl:
1 tsp. salt
6 tsp. soyu
1 tsp. sugar
2 tsp. yuen see cheong, mashed (bean sauce)
1 slice ginger, 1 clove garlic } crushed
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)

Rub seasoning on ribs and let stand for ½ hour or more. Bake at 350° for 1 hour or until brown and thoroughly cooked. Chop ribs into small pieces and serve. Garnish with Chinese parsley.

SPARERIBS WITH BITTER MELON

3 or 4 bitter melons
1 lb. spareribs (chopped)
1 cup water
Seasoning: Mix in bowl:
2 tbsp. dau see (washed and mashed)
1 clove garlic } *crushed*
1 slice ginger }
1 tsp. oyster sauce
1 tsp. salt
¼ tsp. ve-tsin
1 tbsp. soyu

Cut bitter melon into eighths lengthwise. Remove seeds and cut into 1 inch pieces. Parboil for 2 minutes. Drain. Heat a pan with oil. Fry spareribs until slightly brown and drain excess oil. Add seasoning and saute over a low flame for about 2 minutes. Add the water and simmer until tender. Then add the bitter melon and cook until the melon is very soft. More water may be added, if necessary. Thicken with cornstarch. Serve hot.

SPARERIBS WITH BLACK BEANS (Dau See)

2 lbs. spareribs (cut into 1 inch pieces)
1 clove garlic } *crushed*
1 slice ginger }
1½ cups water
1 stalk green onion (cut into ½ inch pieces)
Seasoning: Mix in bowl:
3 tbsp. dau see (washed)
2 tsp. hoi sin cheong
1 tbsp. oyster sauce
1 tbsp. soyu
1 tbsp. liquor
1 tsp. thick soyu
Salt to taste

Heat pan with oil and brown ginger and garlic. Add spareribs and fry until slightly brown. Take all excess oil out. Add seasoning mixture and saute for a few minutes over low flame. Add water. Simmer until tender. Add cornstarch to thicken gravy. Add green onion and serve hot.

SPARERIBS WITH PINEAPPLE

2 lbs. spareribs
1½ tsp. salt
2½ tbsp. soyu
2½ tbsp. cornstarch
1 tbsp. thick soyu
4 slices pineapple
¾ cup stock, water or juice of pineapple
Seasoning: Mix in bowl:
3 pieces brown sugar (wong tong) or 6 tbsp. brown sugar
1 piece ginger } *crushed*
1 clove garlic }
½ cup vinegar
Dash of heong liu fun

Mix the spareribs, salt, soyu, thick soyu and cornstarch and soak for 20 minutes. Heat oil in pan; fry spareribs until brown. Take out all excess oil. Add seasoning and stock. Simmer until tender. Cut each pineapple into pieces and arrange on platter. Place spareribs over pineapple. Serve.

SPARERIBS WITH RED BEAN CURD (Nam Yoy)

2 lbs. spareribs (chopped)
2 cups dried bamboo shoots
1 slice ginger } *crushed*
1 clove garlic }
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
3 tbsp. soyu
1 tsp. sugar
1 tbsp. liquor
1 tbsp. red bean curd
¼ tsp. ve-tsin

See page 102 on how to prepare dried bamboo shoots. Soak the spareribs in the seasoning for 20 minutes. Heat a pan with oil and brown the ginger and garlic slightly. Fry the spareribs until brown and remove the excess oil. Add the bamboo shoots and water to the level of the mixture. Cover and simmer for 1 hour, stirring occasionally. Add more water, if necessary. Salt to taste. Thicken the gravy with cornstarch and add the green onion. Serve hot.

STEAMED SPARERIBS WITH BLACK BEANS (Dau See)

1 lb. fresh spareribs (cut into 1 inch pieces)
2 tbsp. black beans (washed)
1 slice ginger (chopped)
2 tsp. soyu
¼ tsp. sugar
¼ tsp. ve-tsin
1 tsp. oyster sauce
½ tsp. salt

Mix all ingredients together with spareribs and let stand for 20 minutes or more. Steam for 35 minutes or more. Garnish with 1 stalk green onion (finely chopped) and Chinese parsley. Serve hot.

SWEET SPARERIBS

2 lbs. spareribs (whole)
Seasoning: Mix in bowl:
1 tsp. white bean curd
1 tsp. red bean curd
2 tbsp. sugar
¼ tsp. ve-tsin
Dash of heong liu fun (five spices)
1 tsp. salt
1 slice ginger } crushed
1 clove garlic }
2 or 3 drops red coloring

Brush seasoning on ribs and place on rack. Bake in oven at 350° for 45 minutes or until nice and brown. Brush remaining seasoning on ribs occasionally during baking period. Chop and serve on fried wun tun.

SWEET-SOUR SPARERIBS WITH HOT SAUCE

2 lbs. tender spareribs
2 tbsp. soyu
¼ tsp. hot sauce (tabasco)
2 tbsp. vinegar
Dash of heong liu fun (five spices)
Dash of black pepper
4 tbsp. cornstarch
1 egg
1 tsp. salt
¼ tsp. ve-tsin
1 tbsp. thick soyu
1 slice ginger, 1 clove garlic — crushed
Gravy:
½ cup water or soup stock
3 tbsp. brown sugar
3 tbsp. vinegar

Chop spareribs into 1 inch pieces. Add all ingredients (except gravy mixture) and mix until spareribs are coated with batter. Let stand for 1 hour or more. Fry each piece of spareribs in deep oil over low flame until brown and thoroughly done. Drain. Bring gravy mixture to boil and add remaining batter. Stir constantly to avoid burning. Add spareribs and stir until well coated—about 2-3 minutes over low flame. Arrange pickled cucumber or cabbage on platter and place spareribs over same. Garnish with Chinese parsley or finely chopped green onion.

FISH

CRAB MEAT OMELETTE (Foo Yung Hai)

4 eggs slightly beaten
½ cup bamboo shoots (shredded)
1 cup dried mushrooms (soaked and shredded)
2 stalks green onion (cut into ¼ inch lengths)
½ can crab meat (drained)

Heat pan with a small amount of oil and fry all ingredients, except eggs, until done. Cool. Add to eggs and fry by dropping a spoonful at a time into pan.
Variation: shrimp, chicken or pork may be cooked in the same manner.

CRAB MEAT WITH EGGS

1 can crab meat (drained)
4 stalks chives or green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. soyu
½ tsp. ve-tsin
⅛ tsp. pepper

Break eggs and beat slightly. Heat pan with oil and fry crab meat for 1 or 2 minutes. Add eggs, seasoning and chives and cook until the eggs are done. Salt to taste.

CUTTLE FISH ROLL

1 lb. cuttle fish
1 piece ham
1 piece ginger, 1 clove garlic } *crushed*
5 stalks green onion (parboiled)
Seasoning: Mix in bowl:
2 tbsp. soyu
½ tsp. salt
¼ tsp. ve-tsin
1 tbsp. wine
½ cup water

Clean cuttle fish, removing legs. Cut open and flatten out. Place legs and ham on flattened piece. Roll and tie with green onion. Heat pan with oil. Brown ginger and garlic slightly, lower flame, and add seasoning. Bring to a boil, add rolled cuttle fish, and simmer for 6 minutes with cover on. Serve hot. Garnish with Chinese parsley.

STUFFED FISH BLADDER (Young Kaou)

1 piece kaou
½ lb. fish cake
1 slice ham (chopped fine)
1 stalk green onion (white part chopped)
¼ tsp. ve-tsin
¼ tsp. sesame oil
1 tsp. liquor
¼ tsp. sugar

Soak kaou in cold water overnight. Cut in 1½ inch pieces. Drain. Mix all ingredients into fish cake. Spread on kaou. Place in a bowl and steam 20 minutes.

BROILED MACKEREL (Fresh Frozen)

2 large fresh frozen mackerels
Seasoning: Mix in bowl:
6 tbsp. soyu
1 tsp. sugar
¼ tsp. ve-tsin
1 slice ginger } *crushed*
1 clove garlic }
2 tbsp. cooking oil

Clean mackerels and split into halves, but not completely through. Brush seasoning all over the fish and let stand for 1 hour or more. Place the skin side down, and broil until brown. Turn and brown on the underside. Brush on the remaining seasoning during the cooking period. Mackerel can also be fried.

CRISPY FISH WITH SWEET-SOUR SAUCE

1 lb. fish (whole)
Mix together and make a running batter:
¼ cup flour
¼ cup cornstarch
Salt to taste
½ cup water (approx.)
Sauce: (Boil the following together and add some cornstarch)
2 tbsp. brown sugar
3 tbsp. vinegar or lemon juice
1 tsp. soyu
¼ tsp. ve-tsin
¼ tsp. sesame oil
½ cup water
1 slice ginger } *crushed*
1 clove garlic }

Clean fish and sprinkle with salt. Let stand for 20 minutes or more. Dip in batter and fry in deep fat until nice and brown. Place on platter and pour hot sauce over it. Garnish with sweet or sour pickles.

FISH WITH NOODLES

2 medium sized fish
1 package noodles (boiled)
Sauce (add all ingredients together and boil for 3 minutes):
- *5 tbsp. soyu*
- *1 tsp. salt*
- *½ tsp. sugar*
- *¼ tsp. ve-tsin*
- *1 small piece chung choi (washed)*
- *1 cup water*
- *¼ tsp. sesame oil*

Place fish into sauce and simmer 15 minutes over very low flame. Turn fish over once during cooking. Arrange noodles on platter and carefully place cooked fish on top. Pour sauce over fish. Garnish with Chinese parsley and finely chopped green onion.

FISH WITH SWEET-SOUR SAUCE

1 lb. fish
1 piece chung choi (washed)
2 tbsp. salt
1 small piece kwo pee (washed)
1 piece ginger } crushed
1 clove garlic }
1 stalk green onion
Mix together the following for sauce:
- *1 piece wong tong or 3 tbsp. brown sugar*
- *3 tbsp. vinegar*
- *1 tsp. soyu*
- *¼ tsp. ve-tsin*
- *¼ tsp. sesame oil*
- *¼ tsp. salt*
- *½ cup fish stock*

Heat pan with oil. Brown ginger and garlic. Add enough water to cover fish. When it comes to a boil, add kwo pee, salt and chung choi. Remove from flame. Put fish in and cover tightly. Simmer 15-20 minutes. Turn flame low. Remove fish from liquid and use liquid for fish stock. Boil the sauce mixture and add some cornstarch to thicken. Add chopped green onion to sauce. Pour sauce over the fish which has been placed on the platter. Garnish with parsley and finely sliced sweet pickles.

FRIED FISH (Canton Style)

1 lb. fish (cleaned)
1 cup water or stock
1 tbsp. cornstarch
½ cup kam choi (lily flower)
1 piece ginger (crushed)
4 mushrooms } *sliced thin*
1 stalk celery }
1 stalk green onion (cut into ½ inch lengths)
1 small piece chung choi (washed)
Seasoning: Mix in bowl:
¼ tsp. salt
1 tbsp. soyu
½ tsp. sugar
1 tbsp. liquor
¼ tsp. ve-tsin
¼ tsp. sesame oil

Sprinkle a little salt on fish. Let stand for 20 minutes. Put into oiled pan. Brown on both sides. Remove fish from the pan. Put in seasoning and remaining ingredients and saute 1 minute. Add soup stock. Bring to boil, add fish, and cover. Simmer for 15 minutes over a low flame. Take fish out and place on platter. Add cornstarch to the remaining liquid in pan and pour over fish. Garnish with Chinese parsley. Serve hot.

FRIED FISH WITH TOMATOES

2 fish (about ¾ lb. each)
2 medium sized tomatoes (cut into wedges)
2 stalks green onion (chopped fine)
Gravy:
1 tbsp. soyu
½ tsp. sugar
1 cup water
2 tsp. liquor
1 small piece chung choi (washed)
1 clove garlic } *crushed*
1 slice ginger }
¼ tsp. ve-tsin

Clean fish and sprinkle lightly with salt. Let stand for 20 minutes. Roll in flour and fry in hot oil until nice and brown. Transfer to a platter lined with lettuce. Boil gravy with tomatoes, thicken with cornstarch, and add salt to taste. Add the green onion. Pour over fish and garnish with Chinese parsley.

FRIED FISH STEAK WITH YUEN SEE CHEONG (Bean Sauce)

3 slices fish steak
1 tbsp. yuen see cheong (mashed fine)
2 stalks green onion (minced)
1 slice ginger (minced)
2 tsp. sugar
2 tbsp. liquor
¼ tsp. ve-tsin
Salt to taste

Mix all ingredients together and let fish soak in mixture for 1 hour or more in ice box. Heat pan with oil and fry fish until nice and brown. Serve hot on bed of lettuce.

FRIED FISH WITH VEGETABLES

1 lb. fish steak (sea bass)
¼ lb. Chinese peas
2 stalks celery (sliced)
1 small round onion (sliced)
½ cup water
Seasoning: Mix in bowl:
1 tbsp. liquor
1 tbsp. soyu
¼ tsp. sesame oil
¼ tsp. ve-tsin
1 tsp. cornstarch

Slice fish thinly into 1½ inch squares. Soak in seasoning for 20 minutes. Roll in flour and fry in deep oil until brown. Drain. Heat another pan with a small amount of oil and fry onion and celery for 1 minute. Add the fish, peas and water and cook 2 minutes. Salt to taste. Serves hot.

STEAMED FISH

1 lb. fish (cleaned)
1 tbsp. soyu
1 piece chung choi (washed)
1 tbsp. wine
2 tsp. cornstarch
1 tsp. salt
2 tsp. cooking oil
2 stalks green onion (minced)
¼ tsp. ve-tsin
1 piece ginger (minced)

Mix together all ingredients and rub over fish. Arrange in dish and steam for 10-15 minutes. Garnish with Chinese parsley. Serve hot.

STEAMED FISH WITH DAU SEE (Salted Black Beans)

2 medium sized fish (mullet or kumu)
1 tbsp. soyu
3 tbsp. dau see (washed and mashed)
1 stalk green onion (chopped)
1 piece ginger (chopped)
1 tsp. salt
½ tsp. ve-tsin
1 tbsp. cooking oil
1 tbsp. liquor
½ tsp. sugar

Arrange fish in a bowl. Mix remaining ingredients together and sprinkle over fish. Steam 15-20 minutes depending on the size of the fish. When fish is cooked, drain the liquid and thicken with cornstarch. If necessary, add a small amount of water. Transfer fish to a platter, and pour gravy over. Garnish with Chinese parsley.

FISH–STEAMED WITH TOMATOES

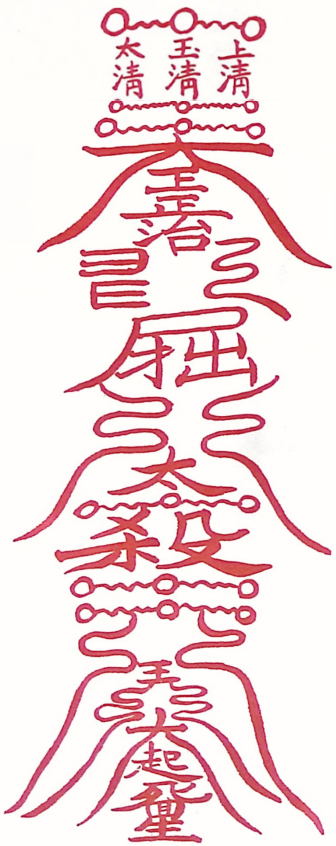
2 fish (approx. ¾ lb. each) (mullet or kumu preferred)
1 ripe tomato (cut in wedges)
1 stalk green onion (chopped fine)
Seasoning: Mix well in bowl:
1 tbsp. soyu
¼ tsp. sesame oil
¼ tsp. ve-tsin
1 tsp. salt
1 slice ginger (chopped)
2 tbsp. cooking oil
2 tbsp. liquor
½ tsp. sugar
1 tbsp. cornstarch

Clean fish and place in a bowl. Pour seasoning over the fish and top with tomatoes. Steam for 20 minutes. Garnish with parsley and serve hot.

STEAMED FISH WITH YUEN SEE CHEONG (Bean Sauce)

2 medium sized fish (mullet or moana)
2 tbsp. yuen see cheong (mashed)
2 stalks green onion (chopped)
1 tbsp. liquor
1 tbsp. cooking oil
½ tsp. ve-tsin
1 slice ginger (chopped)
1 small piece chung choi (chopped)

Arrange fish in bowl. Mix remaining ingredients together and sprinkle over fish. Steam 15-20 minutes, depending on the size of the fish. After fish is cooked, drain liquid and thicken with cornstarch to make a gravy. If there is not enough liquid, add a small amount of water and salt to taste. Transfer fish to platter and pour gravy over. Garnish with Chinese parsley.



STEAMED MULLET WITH FRIED TOFU

2 medium sized mullet
2 fried tofu (cut into strips)
1 stalk green onion (chopped fine)
Seasoning: Mix in bowl:
1 clove garlic (crushed)
1 tbsp. hoi sin cheong
1 tsp. soyu
¼ tsp. ve-tsin
1 small piece chung choi (washed and chopped)
1 tbsp. liquor
1 slice ginger (crushed)

Sprinkle mullet with salt and let stand for 20 minutes. Heat pan with a small amount of oil and brown the fish. Remove from pan and arrange in a bowl. Pour the seasoning mixture over fish and sprinkle the tofu and green onion on top. Steam for 10 minutes. Garnish with Chinese parsley. Serve hot.

Note: Fried tofu may be purchased in the local markets.

SPRING FLOWER ROLL (Chun Fa Kuen)

1 lb. fish cake
2 stalks green onion (white part, minced)
1 stalk celery (center part, minced)
¼ lb. lean ham (minced)
6 water chestnuts or Chinese yam (minced)
¼ tsp. ve-tsin
½ tsp. sesame seeds
1 piece mon yau (½ lb.)
1 egg (beaten)
Flour
Bread crumbs

Mix all ingredients, except mon yau, into fish cake. Roll into mon yau. Steam for 20 minutes. Cool. Roll into flour then into beaten egg, then into crumbs. Fry in deep oil until brown. Slice and serve.

STUFFED MUSHROOMS WITH FISH CAKE

40 dried mushrooms (small size)
½ lb. fish cake
3 fresh shrimps (chopped fine)
¼ cup bamboo shoots or 6 water chestnuts (minced)
1 tsp. ginger juice
2 stalks green onion (minced)
3 tbsp. celery (minced)
1 strip chung choi (washed and minced)
Dash of pepper

Soak mushrooms for 1 hour or more in water. Cut off the stems and boil in very little water for 30 minutes. Squeeze lightly. Drain. Mix remaining ingredients together with fish cake. Place a spoonful of mixture on each mushroom and steam for 25 minutes with fish cake side up. Invert over another bowl and garnish with Chinese parsley. Serve with gravy if desired. Use omelette gravy

BROILED LOBSTER TAILS

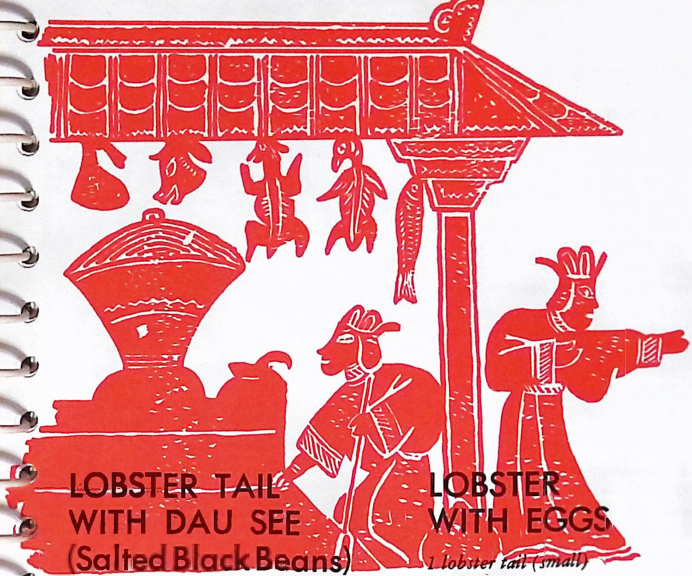
2 lobster tails (small preferred—about ½ lb. each)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. wine
1 slice ginger (crushed)
1 tbsp. cooking oil
½ tsp. salt
¼ tsp. ve-tsin

Rub seasoning on flesh of lobster. Let stand a few minutes. Insert a skewer close to the shell at tail end to keep tail from curling. Broil flesh side up until just done—about 6 minutes. Brush remaining seasoning on occasionally while cooking. Turn over and broil 5 minutes longer. Overcooking toughens lobster. Allow about ½ pound per person. Serve in shell.

LOBSTER WITH BEAN SAUCE (Yuen See Cheong)

2 lobster tails
1 slice ginger, 1 clove garlic } *crushed*
2 stalks chives (cut into ¼ inch lengths)
1 cup stock or water
Seasoning: Mix in bowl:
1 tbsp. bean sauce (mashed)
1 tsp. sugar
1 tbsp. liquor
¼ tsp. ve-tsin
½ tsp. sesame oil
1 tbsp. soyu
Salt to taste

Wash lobster tails. Leave shell on and chop into 1½ inch lengths. Heat pan with oil. Brown ginger and garlic slightly. Add lobster and fry until the shell turns red. Add seasoning and saute for 2 minutes. Put in stock and cook six minutes. Stir occasionally during cooking. Add chives and thicken with cornstarch. Garnish with Chinese parsley. Serve hot.



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LOBSTER TAIL WITH DAU SEE (Salted Black Beans)

1 lobster tail (about ¾ to 1 lb.)
1 slice ginger } crushed
1 clove garlic }
¾ cup stock
2 tbsp. green onion (chopped fine)
Seasoning: Mix in bowl:
3 tbsp. dau see (washed)
1 tbsp. liquor
¼ tsp. sesame oil
1 tbsp. oyster sauce
½ tsp. hoi sin cheong
½ tsp. salt

Chop unshelled lobster into sections. Heat oil in pan. Add salt, ginger and garlic. Put lobster tail in and fry for a minute. Add seasoning and saute for a minute more. Add stock and cover. Cook 3 minutes; then stir and cook another 3 minutes. Thicken with a small amount of cornstarch. Add green onion. Garnish with Chinese parsley.

LOBSTER WITH EGGS

1 lobster tail (small)
3 eggs
2 stalks chives or green onion (chopped)
Seasoning:
1 tsp. salt
¼ tsp. ve-tsin
½ tsp. soyu

Boil lobster tail for 15 minutes. Shell and break meat into ½ inch pieces. Beat eggs slightly and add seasoning. Heat pan with oil and fry lobster 1 minute. Add eggs and chives. Cook over a low flame until the eggs are done.

LOBSTER WITH HOT SAUCE

2 lobster tails
1 clove garlic } *crushed*
1 slice ginger }
2 stalks green onion (cut into ½ inch lengths)
1 cup water or stock
Seasoning: Mix in bowl:
1 tbsp. chili sauce (hot sauce)
3 tbsp. lemon juice or vinegar
3 tbsp. sugar
1 tbsp. salt
¼ tsp. ve-tsin
2 tbsp. liquor
1 tsp. soyu

Wash lobster and cut into 1½ inch lengths. Leave shell on. Heat pan with oil. Brown ginger and garlic. Fry lobster until it turns red. Add seasoning and saute for 2 or 3 minutes. Add water and cook six minutes. Stir occasionally while cooking. Do not overcook as this toughens lobster. Thicken with cornstarch and add green onion. Serve hot.

LOBSTER WITH LONG RICE

1 lobster tail (small)
1 bundle long rice
1 piece chung choi
1 stalk green onion (cut into ½ inch lengths)
1 slice ginger } *crushed*
1 clove garlic }
1 to 2 cups stock or water
Seasoning:
1 tbsp. soyu
1¼ tsp. salt
¼ tsp. ve-tsin

Boil the lobster tail for 15 minutes. Shell and break meat into 1 inch pieces. Soak the long rice in hot water for 20 minutes and cut into 2 inch lengths. Heat a pan with oil and brown the ginger and garlic. Add the stock and bring to a boil. Add the seasoning, long rice and chung choi. Cook about 5 minutes. Discard the chung choi. Put in the lobster and green onion and cook 1 minute more. Garnish with Chinese parsley.

FRESH FROZEN OYSTERS (Fried)

1 lb. fresh frozen oysters
2 stalks green onion (minced)
2 slices ginger (crushed)
Seasoning: Mix in bowl:
2 tsp. liquor
½ tsp. sugar
1 tsp. soyu
¼ tsp. ve-tsin
1 egg (beaten)
1 tsp. salt
½ tsp. sesame oil

Add oysters, green onion and ginger to seasoning and soak for 20 minutes. Take ginger out. Roll each oyster in bread or cracker crumbs. Deep fry until nice and brown. Serve hot. Garnish with Chinese parsley. This can be served with crispy wun tun or crispy kau tze.

STEWED OYSTERS WITH FRIED TOFU

10 dried oysters (soaked overnight and washed)
½ lb. belly pork (sliced ¼ inch thick)
4 fried tofu (cut into 6 or 8 pieces)
2 red dates
2 stalks celery (cut into 1 inch lengths)
10 dried mushrooms (stemmed and soaked)
2 stalks green onion (cut into ½ inch lengths)
2½ cups water (approx.)
1 slice ginger } crushed
1 clove garlic }
Seasoning: Mix in bowl:
¼ tsp. ve-tsin
½ tsp. thick soyu
1 tsp. salt
1 tbsp. soyu
1 tbsp. liquor
2 tsp. oyster sauce
½ tsp. sugar

Heat oil in pan. Brown ginger and garlic; add pork and oysters and saute with seasoning for 1 minute. Add dates, water, fried tofu and mushrooms and cook until the oysters are tender. Add more water if necessary. Add celery and thicken slightly with cornstarch. Just before turning off flame, add green onion.

STEWED OYSTERS WITH PORK

12 dried oysters (soaked overnight and washed)
½ lb. pork (cut ¼ inch by 1½ inch)
1 cup dried mushrooms
2 cups dried bamboo shoots
2 stalks celery (cut into 1 inch lengths)
1 slice ginger, 1 clove garlic } crushed
2 cups water
Green onions
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. liquor
2 tbsp. oyster sauce
1 tsp. red bean curd
⅛ tsp. heong liu fun
¼ tsp. ve-tsin
½ tsp. sugar

Soak dried bamboo in water overnight. Drain and boil for 1 hour. Change water and boil for another ½ hour. Cut into 1½ inch lengths, discarding all the hard parts. Soak mushrooms in water for 20 minutes and remove stems. Heat pan with oil. Brown ginger and garlic; add pork and saute with seasoning. Add water. Bring to a boil and add bamboo shoots and mushrooms. Simmer until pork and oysters are tender. Salt to taste. Add celery and cook 1 minute. Thicken gravy slightly with cornstarch. Add green onion. Garnish with Chinese parsley and serve hot.

STEWED OYSTERS WITH MUSHROOMS

12 dried oysters (soaked overnight and washed)
½ cup bak ko (shelled and parboiled)
1 small can mushrooms (with liquid)
½ lb. pork (cut ⅛ by 1 inch)
1 stalk celery (cut into 1 inch lengths)
2 stalks green onion (cut into ½ inch lengths)
3 red dates (washed)
1 small piece chung choi (washed)
1 slice ginger, 1 clove garlic — crushed
1½ cups water
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. thick soyu
¾ tsp. salt
½ tsp. sugar
¼ tsp. ve-tsin
1 tbsp. liquor

Heat pan with oil. Brown ginger and garlic slightly, add pork and fry 1 minute. Add seasoning and saute 1 minute. Add all other remaining ingredients, except celery and green onion. Add water and simmer until oyster and pork are tender. Add celery and cook 1 minute longer. Thicken with cornstarch and add green onion. Garnish with Chinese parsley.

STUFFED OYSTERS (Mon Yau Hou See)

10 dried oysters
½ lb. pork (chopped fine)
1 lb. mon yau
3 water chestnuts
¼ tsp. sesame seed
3 shrimps
½ tsp. salt
¼ tsp. ve-tsin
1 tbsp. Chinese parsley
1 stalk green onion
1 tsp. oyster sauce

Soak oysters in water overnight. Chop water chestnuts, shrimps, and parsley and then add with the rest of the ingredients (except mon yau) to the pork. Wash the oysters and slit the sides to make a pocket for the stuffing. Stuff with pork mixture and wrap in 4 inch square mon yau. Make a little thick starch with water to seal the edge. Place in a bowl and steam for 40 minutes. Cool. Roll in flour and then dip into beaten egg and bread crumbs. Deep fry. Garnish with parsley.

Stuffed Oysters With Gravy:
Do the same as for Mon Yau Hou See, using eggs instead of mon yau. Beat eggs and add a little salt. Dip oysters in eggs and roll in flour. Deep fry until brown. Drain and place in bowl. Steam for 40 minutes. Add liquid from steamed oysters to about ⅓ cup stock and a little soyu to taste. Thicken to make a gravy and pour over oysters. Garnish with parsley.

BARBEQUED SHRIMPS

1 lb. fresh frozen shrimps
Seasoning: Mix in bowl:
3 tbsp. soyu
1 tsp. oyster sauce
2 tsp. sugar
¼ tsp. ve-tsin
1 clove garlic } *crushed*
1 slice ginger }

Wash shrimps and remove legs. Do not remove shell. Split in the back, but not completely through. Remove all black lines. Soak shrimps in the seasoning for 20 minutes. Broil in oven with slit side up for 5 minutes. Turn over and broil another 5 minutes. Serve hot on sliced tomatoes.

EGG PLANT WITH DRIED SHRIMPS

4 tbsp. dried shrimps (washed)
1 slice ginger } *crushed*
1 clove garlic }
½ cup water
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
3 tbsp. soyu
¼ tsp. ve-tsin
½ tsp. sugar
1 tsp. salt

Brown ginger and garlic slightly in heated pan with oil. Then fry shrimps until brown over low flame. Add egg plant and fry for 1 minute. Season and saute 2 minutes. Add water, cover, and cook until done. Just before turning off flame, add green onion.

BARBEQUED SHRIMPS IN HOT SAUCE

1 lb. large fresh frozen shrimps
3 tbsp. soyu
½ tsp. hot sauce
1 tsp. sugar
¼ tsp. ve-tsin
1 clove garlic } *crushed*
1 slice ginger }

Clean and shell the shrimps, but leave tails on. Make shallow slits on 3 places across the stomach. Then carefully slit the back lengthwise part way through. Mix all remaining ingredients in a bowl and soak shrimps in this mixture for 20 minutes. Broil for 5 minutes on each side. Serve very hot on a bed of lettuce.

FRIED SHRIMP CURLS (Chow Haah Look)

1 lb. shrimps with shells
1 slice ginger } *crushed*
1 clove garlic }
2 stalks chopped green onion
Seasoning: Mix in bowl:
2 tbsp. hoi sin cheong
2 tsp. sugar
2 tbsp. vinegar
1 tsp. salt
1 tsp. soyu
¼ tsp. ve-tsin
½ cup water or stock

Wash shrimps and soak in cold salt water for 10 minutes. Drain. Remove legs. Heat pan with oil. Brown ginger and garlic. Add shrimps and fry until the shell turns red. Put in seasoning and saute for 5 minutes. Thicken slightly with cornstarch and add green onion.

FRIED SHRIMPS WITH EGGS

½ lb. fresh shrimps
4 eggs (slightly beaten)
3 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. soyu
1 tsp. salt
¼ tsp. ve-tsin

Clean and shell the shrimps and split in half. Heat pan with oil. Add shrimps and fry for 8 minutes over a low flame. Then put in the seasoning and eggs and cook until eggs are done. Add the green onion and serve hot.

LONG RICE WITH SHRIMPS

1 bundle long rice
4 fresh shrimps (cut into strips)
¼ lb. pork
1 piece ginger } *crushed*
1 clove garlic }
1 piece chung choi (washed)
2 tbsp. soyu
¼ tsp. ve-tsin
1¼ tsp. salt
2 cups stock
1 stalk green onion (chopped)
1 egg (beaten)

Put long rice into boiling water for 20 minutes; drain and cut into 2 inch lengths. Cut the pork into strips and mix with soyu, ve-tsin, and salt. Soak for 10 minutes. Fry pork with ginger and garlic in a hot pan with oil. Add stock and bring to a boil. Put in the long rice and chung choi and cook for 5 minutes. Add the shrimps and egg and cook for 3 minutes. Add the green onion and serve immediately.

PINEAPPLE-SHRIMPS (Poh Loh Ha)

1 lb. shrimps
4 slices pineapple
2 tbsp. flour }
1 tsp. salt } *make a smooth*
2 eggs } *batter*
2 tbsp. stock }
Gravy:
½ cup stock or pineapple juice
⅓ cup vinegar
1 tsp. salt
¼ tsp. ve-tsin
1½ tbsp. sugar

Clean shrimps and split in half. Dip in batter and fry in deep oil until brown. Boil all ingredients for gravy and add pineapple. Thicken with cornstarch and pour over shrimps. Serve hot.

SHRIMP CANTON

1 lb. shrimps
½ small round onion (sliced)
2 small tomatoes (wedged)
1 stalk green onion (cut into ½ inch lengths)
1 clove garlic, 1 slice ginger } *crushed*
½ cup water or stock
Seasoning: Mix in bowl:
2 tbsp. chili sauce (hot sauce)
2 tbsp. tomato catsup
2 tsp. soyu
3 tbsp. sugar
6 tbsp. vinegar
1½ tsp. salt
Batter: (Beat well)
¼ cup flour
1 egg
½ tsp. sugar
Dash of salt
3 tbsp. water (approx.)

Clean shrimps and cut into halves lengthwise. Dip shrimps into batter and fry in deep fat. Drain and place on a plate. Put oil into hot pan. Brown ginger and garlic slightly. Add onions and fry until soft. Add tomatoes, water and seasoning. Bring to a boil and thicken with cornstarch. Add green onions. Pour over shrimps. Serve hot.

SHRIMP CURRY

1 lb. shrimps
1 small carrot
½ lb. frozen lima beans
1 stalk celery
1 small round onion
1 slice ginger } *crushed*
1 clove garlic }
⅓ cup evaporated milk
2 stalks green onion
Seasoning: Mix in bowl:
1 tsp. soyu
1 tbsp. liquor
2 tsp. salt
¼ tsp. ve-tsin
¼ tsp. sesame oil
½ tsp. sugar
¼ tbsp. curry powder
2 cups water

Shell and clean the shrimps and split into halves. Cube the carrot and the round onion and cut the celery and green onion into ½ inch lengths. Heat a pan with oil. Brown the ginger and garlic, add the seasoning and bring to a boil. Put in all vegetables, except green onion. When vegetables are done, add the shrimps and milk. Cook about 6 minutes. Do not overcook the shrimps. Thicken with cornstarch and add the green onion. Serve hot.

SHRIMPS WITH MUSHROOMS

1 lb. fresh frozen shrimps
1 can button mushrooms
1 stalk celery (cut into ½ inch lengths)
2 fresh tomatoes (cut into 1 inch squares)
2 stalks green onions (cut into ½ inch lengths)
1 slice ginger } crushed
1 clove garlic }
1 cup water
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. ve-tsin
1 tbsp. liquor
½ tsp. sesame oil
1 tsp. salt

Clean the shrimps and cut into halves. Heat pan with oil. Brown ginger and garlic. Add shrimps and fry 1 minute. Put in seasoning and bring to a boil. Add remaining ingredients and cook only until the vegetables are done (about 8 minutes). Thicken with cornstarch and add green onion. Serve hot.

SHRIMPS WITH OYSTER SAUCE

1 lb. shrimps
2 stalks green onion (cut into ½ inch lengths)
¼ lb. Chinese peas (parboil for ½ minute)
1 slice ginger } crushed
1 clove garlic }
Seasoning: Mix in bowl:
1 tbsp. oyster sauce
1 tsp. soyu
1 tbsp. liquor
¼ tsp. ve-tsin
½ cup water

Shell shrimps and remove intestinal tract. Leave whole. Heat pan with oil. Brown ginger and garlic. Add shrimps and fry until they turn red. Put in seasoning and cook for about 4 minutes. Add peas and green onion just before turning off flame. Thicken slightly with cornstarch. Place on a platter and sprinkle with toasted sesame seeds. Serve immediately.

SHRIMPS (Fresh) WITH VEGETABLES

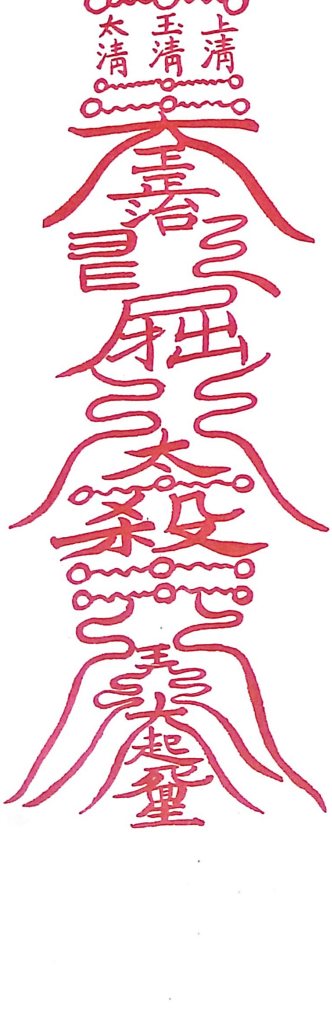
¼ lb. pork
8 shrimps
1 cup string beans or Chinese peas
2 cups cauliflower
2 stalks celery
1 slice ginger } *crushed*
1 clove garlic }
1 cup water
½ tsp. cornstarch
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tbsp. wine or whiskey
1 tbsp. soyu
1 tsp. salt
¼ tsp. ve-tsin
¼ tsp. sesame oil

Shell the shrimps and split into halves. Slice the pork thin and flat. Cut the string beans, celery, and cauliflower into 1 inch pieces and parboil. Heat oil in a pan. Brown the ginger and garlic slightly. Add the pork and fry for 1 minute. Put in the shrimps and fry for another minute. Add seasoning. Saute for a minute or two. Add the water and all vegetables, except green onion. Cook until done. Do not overcook shrimps. Thicken with cornstarch and add the green onion.

SOYU SHRIMPS

1 lb. fresh shrimps
1 stalk chopped green onion
1 piece ginger } *crushed*
1 clove garlic }
¾ cup stock or water
Mix the following for sauce:
½ tsp. sugar
1 tbsp. liquor
½ tsp. thick soyu
¼ tsp. sesame oil
2 tbsp. soyu
¼ tsp. ve-tsin

Wash shrimps; clean; remove legs. Do not remove shell. Soak in sauce mixture 20 minutes. To a hot pan, add oil, ginger and garlic, then the shrimps. Fry for a minute or two. Add remaining sauce and stock and bring to a boil. Thicken with cornstarch. Add green onion. Serve over boiled watercress or beansprouts.



STUFFED SHRIMPS (No. 1)

1 lb. shrimps
½ lb. fish cake
1 small piece chung choi } *chopped*
1 stalk green onion } *fine*
1 slice boiled ham }
½ tsp. sesame oil
½ tsp. ve-tsin
1 egg
½ tsp. sugar
2 tbsp. cornstarch

Wash and shell shrimps. Split down the back, but not completely through. Remove dark intestinal tract. Mix all remaining ingredients and stuff shrimps with this mixture. Do not overstuff. Mold shrimps into original shape. Dip into flour, beaten eggs, and then into bread or cracker crumbs. Fry in hot oil until nice and brown. Overcooking toughens shrimps.

STUFFED SHRIMPS (No. 2)

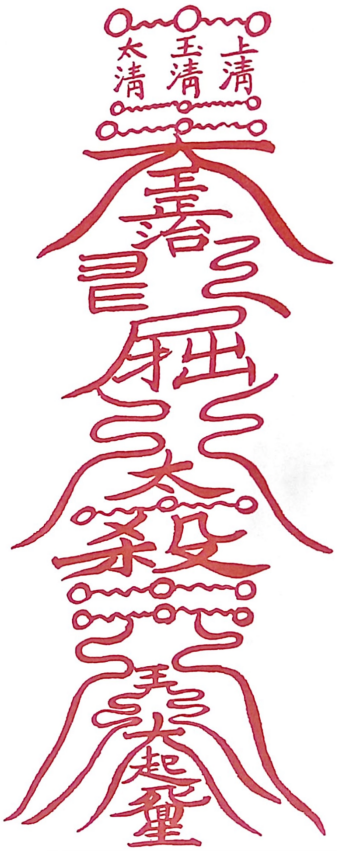
1 lb. large fresh shrimps
½ lb. fish cake
¼ tsp. sesame oil
¼ tsp. ve-tsin
½ tsp. sugar
1 stalk green onion } *chopped fine*
3 water chestnuts }

Shell and clean the shrimps and split into halves. Mix all other remaining ingredients into the fish cake. Bring both ends of each shrimp together to form a ring. Top with a teaspoon of the fish cake mixture. Place in a bowl and steam for 15 minutes. Garnish with Chinese parsley. Serve very hot.

SWEET-SOUR SHRIMPS

1 lb. shrimps
1 small green pepper (cut into cubes)
1 slice ginger, 1 clove garlic } *crushed*
¾ cup water or stock
2 tbsp. toasted sesame seeds
3 stalks green onion (chopped)
Seasoning: Mix in bowl:
4½ tbsp. lemon juice or vinegar
1½ tbsp. chili sauce (hot sauce)
3½ tbsp. sugar
1 tsp. salt
1 tsp. soyu
¼ tsp. sesame oil
2 tbsp. catsup
¼ tsp. ve-tsin

Clean and shell shrimps and split in half. Heat pan with oil. Brown ginger and garlic. Fry shrimps 2 minutes or until red. Add green pepper and seasoning. Fry another 2 minutes. Add water. Cook 3 minutes. Add green onion. Garnish with sesame seed. Serve hot.



BEEF

BEEF CHOP SUEY

½ lb. beef (sliced thin and flat)
1 cup beansprouts
1 small round onion
1 stalk celery
½ small carrot } *parboil*
1 cup string beans }
1 clove garlic } *crushed*
1 slice ginger }
1 cup stock or water
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
1 tbsp. liquor
Dash of black pepper
1 tbsp. cornstarch
1½ tsp. salt

Soak beef in seasoning for 15 minutes. Heat pan with oil and brown ginger and garlic. Add beef, stirring rapidly, over low flame until medium rare. Remove from pan. Add more oil in pan and fry all vegetables (cut into strips) until almost done. Add beef, stir for another minute, and add boiling stock thickened with cornstarch. Serve hot.

BEEF CURRY

2 lbs. stewing beef
3 tbsp. curry powder
1 small round onion } *cubed*
1 large potato }
2 stalks green onion (cut into ½ inch lengths)
½ cup evaporated milk
2 to 3 cups water
2 egg yolks (well beaten)
1 slice ginger } *crushed*
1 clove garlic }
Seasoning: Mix in bowl:
1 tsp. soyu
2 tsp. salt
¼ tsp. ve-tsin
½ tsp. sugar
2 tbsp. liquor
1 tbsp. vinegar

Heat pan with oil. Brown ginger and garlic. Lower flame and fry curry for ½ minute. Add beef and fry for several minutes. Put in seasoning and saute for 2 or 3 minutes. Add water. Bring to a boil and add potatoes. Lower flame and cook until meat is tender. Then add remaining vegetables, egg yolks and milk. Cook until done. Do not overcook. Add cornstarch to thicken gravy. Serve hot.

BEEF HASH

1 lb. round steak (ground)
1 slice ham or bacon }
½ small carrot }
1 small piece chung choi (washed) } *minced*
1 stalk celery }
1 stalk green onion }
½ cup bread crumbs or 2 tbsp. cornstarch
½ tsp. salt
1 tsp. soyu
¼ tsp. ve-tsin
1 tsp. ginger juice

Add all ingredients to ground beef and mix well. Make into patties. Fry in a hot pan with a little oil until done. Garnish with Chinese parsley. Serve hot.

BEEF WITH BITTER MELON

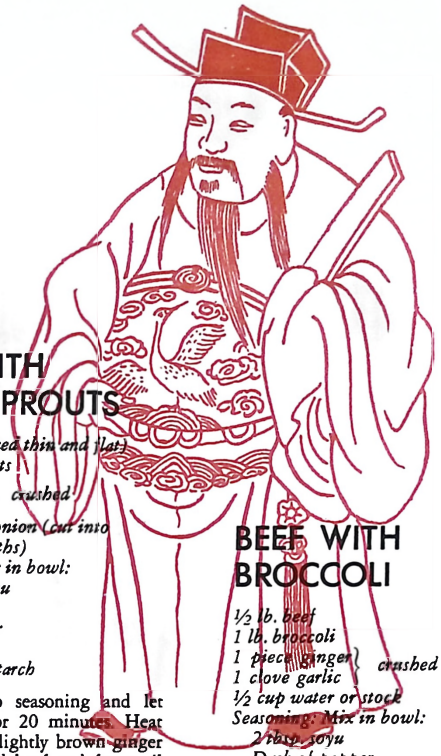
½ lb. beef (sliced thin and flat)
2 bitter melons
1 clove garlic } *crushed*
1 slice ginger }
¾ cup water
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tsp. sugar
1 tbsp. liquor
¼ tsp. ve-tsin
2 tsp. salt
Dash of pepper

Add beef to seasoning and let stand for 10 or 20 minutes. Cut bitter melon in half lengthwise. Remove all seeds. Cut diagonally into thin slices. Parboil for 5 minutes. Drain. Heat pan with oil. Brown ginger and garlic slightly. Fry meat for 1 minute. Add bitter melon and fry 1 minute longer. Add water and cook 3 minutes. Thicken with small amount of cornstarch. Serve hot.

BEEF WITH DRIED BAMBOO SHOOTS

1½ lbs. stewing beef
3 stalks celery (cut into 1 inch lengths)
2 red dates (washed)
1 small round onion
2 cups dried bamboo shoots
2 stalks green onion (cut into 2 inch lengths)
6 cups water (approximately)
2 corners bar kock
Seasoning: Mix in bowl:
2 tbsp. soyu
½ tsp. sugar
1 tbsp. liquor
1 piece ginger (crushed)
2½ tsp. salt (approximately)
¼ tsp. ve-tsin
1 clove garlic (crushed)

Soak dried bamboo shoots in water overnight. Boil for about 1 hour or more. Drain. Cut into 2 inch lengths, discarding hard parts. Cut onion into cubes. Heat pan with oil and brown onion for 1 minute. Add meat and brown slightly. Put seasoning in and saute for a few minutes. Add water, red dates, bar kock and dried bamboo shoots. Simmer until meat is tender. Put celery in and cook 1-2 minutes. Add green onion and thicken with cornstarch.



BEEF WITH BEAN SPROUTS

¼ lb. beef (sliced thin and flat)
1 lb. beansprouts
1 slice ginger } crushed
1 clove garlic }
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1½ tbsp. soyu
½ tsp. sugar
1 tbsp. liquor
1 tsp. salt
1 tbsp. cornstarch

Mix beef into seasoning and let stand for 10 or 20 minutes. Heat pan with oil. Slightly brown ginger and garlic. Add beef and fry until almost done. Put in beansprouts and stir while cooking until done. Just before turning off flame, add green onion. Serve hot.

BEEF WITH BROCCOLI

½ lb. beef
1 lb. broccoli
1 piece ginger } crushed
1 clove garlic }
½ cup water or stock
Seasoning: Mix in bowl:
2 tbsp. soyu
Dash of pepper
1 tbsp. cornstarch
1 tbsp. liquor
¼ tsp. sugar
1 tsp. salt
¼ tsp. ve-tsin

Slice beef very thin and soak in seasoning for 10 minutes or more. Cut broccoli into 2 inch lengths and parboil. Heat a pan with oil and brown ginger and garlic slightly. Add beef and fry until medium rare. Add broccoli and water and bring it to a boil. Do not overcook. Serve hot.

BEEF WITH CABBAGE

½ lb. beef (sliced thin and flat)
½ small head cabbage (sliced thin)
1 slice ginger} crushed
1 clove garlic}
Seasoning: Mix in bowl:
1 tbsp. soyu
1½ tsp. salt
¼ tsp. ve-tsin
1 tsp. sugar
⅛ tsp. pepper
1 tbsp. liquor

Heat pan with oil. Slightly brown ginger and garlic. Add beef and fry 1 minute. Put in seasoning mixture and saute 1 minute. Take meat out. To the same pan add cabbage and cook until almost done. Put meat back with cabbage, stirring for a minute or two. Do not overcook. Serve hot.

BEEF WITH STRING BEANS

½ lb. tender beef
1 lb. string beans (cut into 1 inch lengths)
1 clove garlic} crushed
1 slice ginger}
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
1 tsp. liquor
1 tsp. salt
1 tbsp. cornstarch
¼ tsp. ve-tsin

Slice beef very thin and flat. Add beef to the seasoning and let stand for 10 or 20 minutes. Bring to boil 1 cup water and add 1 teaspoon salt. Add string beans and boil for 4 minutes without lid. Do not strain. Heat pan with oil. Brown ginger and garlic: fry meat for 2 minutes or until almost done. Add beans with liquid and cook for another minute. Add more cornstarch if a thicker gravy is desired. Serve hot.

BEEF TOMATO

½ lb. beef
2 tomatoes
2 stalks celery
1 green pepper
1 round onion (small)
2 stalks green onion (cut into 1 inch lengths)
1 piece ginger, 1 clove garlic } crushed
Seasoning: Mix in bowl:
2 tbsp. soyu
¼ tsp. sugar
1 tbsp. liquor
Dash of pepper
1 tbsp. cornstarch
Gravy: Bring to boil:
½ tsp. salt
1 cup water
¼ tsp. ve-tsin
1 tsp. cornstarch

Slice beef thin and soak in seasoning for 15 minutes. Cut all vegetables into 1 inch squares. Heat oil in pan and brown ginger and garlic slightly. Add beef, stirring rapidly, and cook to medium rareness. Remove from pan. Add more oil in pan and fry onion, green pepper, and celery for 1 minute or so. Add beef and tomatoes and stir for another minute. Add gravy, bring to a boil, then add green onions. Serve hot.

BROILED STEAK

1 tender steak (1 inch thick)
½ small round onion
1 clove garlic, 1 slice ginger } minced
1 tsp. thick soyu
4 tsp. wine or liquor
3 tbsp. soyu
1 tsp. sugar
2 tsp. salt
Dash black pepper
¼ tsp. ve-tsin

Mix well all ingredients. Soak the steak in the mixture for 1 hour. Turn occasionally for even seasoning. Broil about 15 minutes on each side or until done. Garnish with Chinese parsley. Serve very hot.

PAN BROILED STEAK

1 piece tender steak (1 inch thick)
1 small round onion (sliced thin)
1 stalk celery (sliced thin)
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 to 2 tbsp. soyu
1 tsp. salt
¼ tsp. ve-tsin
1 slice ginger, 1 clove garlic } *crushed*
1 tbsp. liquor
Dash of pepper
½ tsp. sugar

Marinate the meat in the seasoning for 20 minutes. Remove the ginger and garlic. Heat a pan with a small amount of oil. Brown the steak over a high flame on both sides. Then lower the flame and fry until done—about 15 minutes on each side for medium rare. Take the meat out and add the vegetables. Fry for a few minutes and serve with the steak.

BARBEQUED SHORT RIBS

3 lbs. short ribs
2 cups water (approximately)
2 stalks green onion
2 sprigs Chinese parsley
1 stalk celery
½ small carrot } *chopped fine*
1 slice ginger
1 clove garlic
1 green pepper
1 ripe tomato
1 tbsp. salt
1 tbsp. soyu
3 tbsp. brown sugar
3 tbsp. vinegar
⅛ tsp. pepper
3 tbsp. cornstarch
½ tsp. ve-tsin
3 tbsp. liquor

Cut the short ribs into 3 inch lengths. Mix well all the remaining ingredients, except water, and soak the short ribs in this mixture for 1 hour. Stir two or three times during the hour. Bake in a moderate oven (350°) for 40 minutes. Then add the water and continue baking at 300° for 1½ hours or until tender. Turn every half hour and add more water if necessary.

CHINESE SHORT RIBS (No. 1)

2 lbs. beef short ribs
3 stalks green onion (chopped fine)
1 stalk celery (chopped fine)
1 cup water
Seasoning: Mix in bowl:
2 tbsp. liquor
2 tbsp. vinegar
1 tbsp. soyu
2 tsp. salt
⅛ tsp. black pepper
1 tbsp. yuen see cheong (mashed)
1 tbsp. cornstarch
1 tsp. sugar
¼ tsp. ve-tsin
1 slice ginger, *1 clove garlic* } *crushed*
1 tbsp. oyster sauce

Cut short ribs into serving pieces. Soak in seasoning for 1 hour or more. Heat pan with about ½ cup oil and brown ribs on all sides. Place in casserole, add water and bake for 1½ hours or until tender. Mix in green onion and celery. Serve.

CHINESE SHORT RIBS (No. 2)

2 lbs. beef short ribs (serving pieces)
2 tbsp. cornstarch
½ cup tomato sauce
1 tsp. salt
1 tsp. sugar
½ tsp. ve-tsin
2 tbsp. liquor
1 slice ginger, *1 clove garlic*, *1 small onion*, *2 sprigs Chinese parsley*, *1 stalk celery* } *minced*

Mix all the ingredients together and let stand for 1 or 2 hours. Bake in oven at 350° for 1 hour. Add 3 cups water, cover, and bake at 300° for another hour or until tender.

SHORT RIBS WITH CHILI SAUCE

2 lbs. beef short ribs
3 stalks green onion (chopped)
1 stalk celery (chopped)
2 tbsp. liquor
2 tbsp. vinegar
1 tbsp. soyu
1 slice ginger } *crushed*
1 clove garlic }
1 cup water
2 tsp. salt
1 tsp. thick soyu
1½ tbsp. chili sauce (Chinese)
1 tbsp. bean sauce (mashed) (yuen see cheong)
1 tbsp. cornstarch
1 tsp. sugar
¼ tsp. ve-tsin

Cut short ribs into serving pieces. Mix all the remaining ingredients, except water, and soak short ribs in this mixture for 1 hour. Heat pan with oil. Brown ribs on all sides. Place in casserole, add water and bake at 350° for 1½ hours or until tender. Serve on won bok (Chinese cabbage) which has been boiled.

CHOPPED STEAK

1 lb. tender beef (chopped)
1 round onion (sliced)
1 stalk celery (sliced)
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. sugar
1 tbsp. liquor
1 slice ginger } *crushed*
1 clove garlic }
½ tsp. salt
½ tsp. vinegar
¼ tsp. ve-tsin

Soak beef in seasoning for 20 minutes. Heat pan with oil and fry beef until done. Remove meat and to the same pan, add onion, celery and salt to taste. Fry until done. Add green onion. Line a platter with the vegetables and place meat on top. Serve.

FIVE FLAVOR BEEF

2-3 lbs. brisket beef
2 carrots
1 potato
1 stalk celery
1 clove garlic
2 tbsp. vinegar
⅛ tsp. heong liu fun
1 small round onion
Boil together and thicken with corn-starch:
2½ cups stock
2 tbsp. liquor
1 tbsp. soyu
1 tsp. sugar
¼ tsp. ve-tsin
Salt to taste
Sauce for dipping: Mix well:
1 tbsp. hoi sin cheong
½ tsp. chili sauce
¼ tsp. ve-tsin
1 tbsp. lemon juice
1½ tsp. sugar
1 tbsp. grated onion

Boil enough salted water to cover meat. Put in the meat and remaining ingredients. Simmer until carrots and potato are tender. Remove carrots and potato and continue to simmer until meat is tender. Slice meat and place on top of boiled won bok or cabbage. Slice carrots and potatoes and arrange around beef. Pour gravy over and serve hot with sauce.

GROUND BEEF WITH CABBAGE

½ lb. ground beef
½ small head cabbage
1 slice ginger } *crushed*
1 clove garlic }
½ small onion (sliced)
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. salt
⅛ tsp. pepper
¼ tsp. ve-tsin
½ tsp. sugar
Salt to taste

Cut cabbage into 1 inch squares. Heat pan with oil. Brown ginger, garlic, and onion slightly; add ground beef and fry for 1 minute. Put in seasoning and saute for 1 minute more. Add cabbage and cook over a low flame until done. Add water if necessary.

GROUND BEEF CURRY

1 lb. ground beef
1 slice ginger } *crushed*
1 clove garlic }
2 tbsp. curry powder
½ cup evaporated milk
3 cups water
1 medium round onion }
1 stalk celery }
3 medium potatoes } *cubed*
1 carrot }
1 green pepper }
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. soyu
2½ tsp. salt
½ tsp. sugar
¼ tsp. ve-tsin
⅛ tsp. pepper

Heat pan with oil. Brown ginger and garlic slightly. Add ground beef and curry and fry for 2 minutes. Put in seasoning and saute for 2 minutes over a low flame. Add milk and water. When mixture comes to a boil, add all vegetables, except the green onion, and simmer until vegetables are tender. Thicken with cornstarch. Just before turning off the flame, add green onion. Serve hot.

GROUND BEEF WITH MACARONI

½ lb. ground beef
1 clove garlic } *crushed*
1 slice ginger }
2 cups salad macaroni (boiled)
1 small can peas
1 stalk green onion (cut into ½ inch lengths)
¾ cup water
Seasoning: Mix in bowl:
1 tbsp. soyu
⅛ tsp. pepper
½ tsp. sugar
¼ tsp. salt
¼ tsp. ve-tsin
½ cup tomato sauce

Heat pan with oil. Brown ginger and garlic slightly. Add ground beef and fry 1 minute. Put in seasoning and saute for 2 minutes. Add macaroni, peas, and water. Cook for 5 minutes. Just before turning off the flame, add green onion. Serve hot.

5

GROUND BEEF WITH VEGETABLES

½ lb. ground beef
1 piece ginger } *crushed*
1 clove garlic }
1 small onion
1 stalk celery
½ lb. string beans } *diced*
1 small carrot
½ cup water
Seasoning: Mix in bowl:
1 tbsp. soyu
½ tsp. sugar
½ tsp. salt
1 tsp. liquor
¼ tsp. ve-tsin
⅛ tsp. pepper
½ cup tomato sauce

Heat pan with oil. Brown ginger, garlic, and onion slightly. Add ground beef and fry 2 minutes. Put in seasoning and saute 2 minutes. Add all vegetables and water. Cook until done. Add cornstarch to thicken gravy.

GROUND BEEF STEW

1 lb. ground beef
1 slice ginger } *crushed*
1 clove garlic }
1 medium round onion
Water
2 stalks celery }
3 medium potatoes } *cubed*
1 carrot }
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. liquor
2 tsp. salt
1 cup tomato sauce
½ tsp. sugar
⅛ tsp. pepper
¼ tsp. ve-tsin

Heat pan with oil. Brown ginger and garlic slightly. Add ground beef and fry for 1 minute. Put in seasoning and saute for 2 minutes. Add all vegetables and water and simmer until tender. Thicken with cornstarch. Garnish with Chinese parsley. Serve hot.

POT ROAST BEEF

2 lbs. beef (tender)
1 clove garlic } *crushed*
1 slice ginger }
2 cups water
2 medium sized potatoes
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. thick soyu
2 tsp. liquor
½ tsp. sugar
2 tsp. salt
¼ tsp. ve-tsin
⅛ tsp. black pepper
1 tsp. vinegar

Rub seasoning on beef and let stand for 20 minutes or more. Heat pan with oil. Brown ginger and garlic. Brown beef on all sides over a low flame. When brown, add water and the remainder of the seasoning. Add potatoes and simmer for 1 hour. Turn beef over during last ½ hour of cooking. Remove potatoes and meat from liquid. Slice potatoes and arrange on the platter. Slice beef and place over the potatoes. Add cornstarch to remaining liquid to make a smooth gravy. Pour over beef. Garnish with Chinese parsley. Serve hot.

STUFFED BITTER MELON WITH BEEF

4 medium sized bitter melon
½ lb. ground beef
1 stalk green onion
3 water chestnuts } *chopped fine*
2 sprigs parsley
½ tsp. salt
1 tsp. soyu
⅛ tsp. pepper
¼ tsp. ve-tsin
½ tsp. sugar
Gravy:
1 tbsp. yuen see cheong (mashed)
½ cup water or stock
1 tbsp. liquor

Cut bitter melon into 1½ inch lengths. Remove seeds and parboil for 2 minutes. Drain. Mix remaining ingredients and stuff bitter melon sections with this mixture. Place in pan, add gravy and simmer for 30 minutes or until tender. Thicken gravy with cornstarch before serving.

STUFFED GREEN PEPPER WITH GROUND BEEF

5

4 medium sized green peppers
1 lb. ground beef
½ small carrot (grated)
½ tsp. ginger juice
2 stalks green onion (chopped fine)
1 tsp. salt
¼ tsp. ve-tsin
⅛ tsp. pepper
1 tbsp. soyu

Cut green peppers into halves lengthwise and remove seeds. Add all remaining ingredients to the ground beef. Stuff pepper lightly. Steam for 20 minutes. Serve with catsup on a bed of lettuce. (See page on how to extract ginger juice.)

SWISS STEAK (Chinese Style)

2 lbs. sirloin steak (cut in serving pieces)
2 cups water
2 stalks green onion
1 stalk celery
1 sprig parsley
1 small carrot
} *chopped fine*
Seasoning: Mix in bowl:
1 tsp. soyu
1 tbsp. liquor
2 tsp. salt
1 tsp. sugar
½ tsp. ve-tsin
⅛ tsp. pepper
2 tbsp. cornstarch
1 slice ginger
1 clove garlic
} *crushed*

Soak the steak in the seasoning for 20 minutes. Heat pan with oil and brown the steak slightly. Remove from the pan and place in a baking dish. Add water, vegetables and the remainder of the seasoning. Bake at 350° for 1½ hours or until tender. Turn occasionally during the cooking period.

POT ROAST OF BEEF HEART

1 beef heart
3 cups water (approximately)
2 whole carrots
1 small round onion
1 stalk celery
1 small tomato
Seasoning: Mix in bowl:
2 tbsp. soyu
4 tbsp. liquor
1 tbsp. sugar
1 corner bar kock
1 tsp. salt
¼ tsp. pepper
¼ tsp. ve-tsin
2 slices ginger
1 clove garlic
} *crushed*
1 tsp. vinegar

Wash heart thoroughly in hot water two or three times to remove blood. Soak in seasoning for 1 hour. Heat a pan with oil and brown the heart over a low flame. Drain the oil and add the remainder of the seasoning, the vegetables and the water. Simmer for 2 hours or until tender. Add more water if necessary. The onion, celery, and tomato are used for flavoring and must be discarded after the heart is cooked. Slice the heart and the carrots and arrange on a platter. Strain and thicken the remaining liquid for gravy and pour over heart. Garnish with Chinese parsley.

FRESH CORNED BEEF AND CABBAGE

3-4 lbs. corned beef
1 head cabbage
2 medium carrots
½ tsp. ve-tsin
1 stalk celery
2 stalks green onion
1 piece chung choi
1 piece bar kock
1 clove garlic
1 slice ginger
} *discard after beef is tender*

Parboil beef two or three times. Drain. Place beef in a pot and cover with water. Bring to a boil and add celery, onion, chung choi, bar kock, garlic and ginger. Simmer 2-3 hours. Add carrots the last hour. Skim away excess fat. Cut the cabbage into wedges and add to the beef. Boil until the cabbage is tender. Just before turning off flame, add ve-tsin. Line a platter with the cabbage and place sliced beef on top. Arrange sliced carrots around beef. Garnish with Chinese parsley. Serve with mustard or sauce:

Dipping sauce: Mix well:
1½ tsp. sugar
½ tsp. Chinese chili sauce
¼ tsp. ve-tsin
1 tbsp. hoi sin cheong
1 tbsp. lemon juice
1 tbsp. grated onion

BEEF LIVER ROLLS

½ lb. beef liver (sliced ¼ inch thick)
Celery Dressing
Seasoning: Mix in bowl:
½ tsp. salt
⅛ tsp. pepper
1 tbsp. soyu
1 tbsp. liquor
¼ tsp. ve-tsin
½ tsp. sugar
1 stalk green onion (chopped fine)
1 slice ginger
1 clove garlic
} *crushed*
Dash heong liu fun (five spices)

Pour boiling water over liver and drain. Soak in seasoning for ½ hour or more. Spread each piece of liver with celery dressing (see below). Roll and fasten ends with toothpicks. Dredge with cornstarch and fry in deep fat until brown. Drain and place in bowl. Steam for 20 minutes. Garnish with Chinese parsley and serve hot.

Celery Dressing:
4 tbsp. oil or butter
3 water chestnuts (chopped)
1 tbsp. onion (minced)
2 tsp. Chinese parsley (minced)
2 stalks celery (chopped)
2 cups cubed stale bread
Seasoning: Mix in bowl:
¼ tsp. salt
2 tsp. soyu
2 tsp. liquor
⅛ tsp. pepper
¼ tsp. ve-tsin

Heat oil or butter. Add vegetables and fry until lightly brown. Combine remaining ingredients and mix lightly.

FRIED BEEF LIVER

1 lb. sliced beef liver
Flour
Seasoning: Mix in bowl:
2 tbsp. liquor
1 tbsp. vinegar
1 tbsp. soyu
1 tsp. salt
1 egg
¼ tsp. ve-tsin
1 clove garlic } *crushed*
1 slice ginger }

Soak the liver in the seasoning for 20 minutes. Remove the ginger and garlic. Heat a pan with oil. Coat the liver with flour and fry until nice and brown. Garnish with Chinese parsley.

OX TAIL WITH PEANUTS

1 ox tail (cut into sections)
1 large piece ginger } *crushed*
1 clove garlic }
½ lb. raw peanuts (shelled and soaked overnight)
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
¾ tbsp. salt
2 tbsp. soyu
2 tbsp. liquor
1 tsp. sugar
1 small piece kwo pee (dried orange peel)
¼ tsp. ve-tsin

Parboil ox tail for 5 minutes. Drain. Heat pan with oil. Brown ginger and garlic slightly. Add ox tail and brown for a few minutes. Put in seasoning and saute for 1 or 2 minutes. Add just enough water to cover ox tail. Bring to a boil, add peanuts, and simmer from 1½ to 2 hours or until meat is tender. Add more salt and water if necessary. When meat is tender, thicken gravy with a small amount of cornstarch. Just before turning off flame, add green onions. Serve hot.

OX TAIL WITH TOMATOES

1 ox tail (cut into sections)
1 large piece ginger } crushed
1 clove garlic }
1 carrot (cut into 1 inch lengths)
1 green pepper (1 inch pieces)
2 large ripe tomatoes (1 inch pieces)
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
¾ tbsp. salt
2 tbsp. soyu
1 tsp. sugar
2 tbsp. liquor
1 piece bar kock
¼ tsp. ve-tsin

Parboil ox tail for 5 minutes. Drain. Heat pan with oil and brown ginger and garlic slightly. Add ox tail and brown. Put in seasoning and saute for 1 or 2 minutes. Add just enough water to cover ox tail. Simmer 1½ to 2 hours or until meat is tender. Add carrots 1 hour before meat gets tender. Add tomatoes, green pepper and green onion 3 minutes before turning off flame. Thicken with a little cornstarch; serve hot.

BOILED OX TONGUE

1 ox tongue
1 small carrot
1 piece chung chot (washed)
1 stalk celery
3 stalks green onion
1 slice ginger
1 clove garlic
Gravy:
1 cup stock from tongue
1 tsp. soyu
¼ tsp. ve-tsin
Salt to taste
1 tbsp. liquor

Boil tongue for 30 minutes. Drain. Scrape away all skin. Cover the tongue with water and boil again with the ginger, garlic and whole vegetables for 2 or 3 hours until the tongue is tender. Remove tongue and save the stock for gravy. Discard the vegetables. Slice the tongue and place on a platter. Boil ingredients for gravy and thicken with cornstarch. Garnish with Chinese parsley. Serve hot.

OX TONGUE WITH POTATOES

1 ox tongue
1 clove garlic } *crushed*
1 slice ginger }
2 medium sized potatoes
1 carrot
2 stalks green onion (chopped fine)
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tbsp. thick soyu
1 tbsp. salt
1 tbsp. wine
1 tsp. sugar
1 piece bar kock (washed)

Boil ox tongue for 30 minutes or more. Scrape off skin. Place in a pan and add enough water to cover ox tongue. Simmer for 1 hour and remove from water. Heat pan with oil. Brown ginger and garlic. Add tongue and brown on all sides. Put in seasoning with 3 cups of water. When boiling, add potatoes and carrot. Simmer 1 hour or until tongue is tender. When tender, take out tongue, potatoes, and carrot. Add green onions to the remaining gravy and thicken with cornstarch. Slice potatoes and carrot. Arrange on a platter. Slice ox tongue and arrange on top of the potatoes and carrot. Pour gravy over. Garnish with Chinese parsley.

POT ROAST OF OX TONGUE

1 ox tongue
1 small piece kwo pee (dried orange peel)
1 slice ginger
1 clove garlic
Thick soyu
Seasoning: Mix in bowl:
1 tbsp. liquor
1 tsp. sugar
1 tbsp. soyu
¼ tsp. ve-tsin

Parboil ox tongue for 30 minutes. Drain. Scrape away skin. Cover with water, add the kwo pee, ginger and garlic and boil for two hours or until the tongue is tender. Remove the tongue and save the liquid for stock. Rub the tongue all over with thick soyu and brown on all sides over a low flame. Now put the tongue in a pot with the seasoning and 1½ cups of the stock. Simmer for 20 minutes and add salt to taste. Add cornstarch to the liquid to thicken gravy. Slice tongue and place on a platter. Pour gravy over it. Garnish with Chinese parsley. Serve hot.

PLAIN BOILED OX TONGUE

1 ox tongue
1 piece kwo pee (washed)
1 piece ginger
1 clove garlic
1 small piece chung choi (washed)
4 tbsp. salt
½ small round onion

Boil ox tongue for 30 minutes. Scrape off skin. Place in a pan and add enough water to cover the ox tongue. Add all ingredients to the tongue and boil over low flame for 2 hours or until tongue is tender. Slice and arrange on a platter. Garnish with Chinese parsley. Serve hot with oyster sauce or catsup.

CURRIED TRIPE

2 lbs. tripe
1 piece pork bone
1 piece shin bone
1 small green pepper
1 small round onion
1 slice ginger, 1 clove garlic } crushed
¼ cup evaporated milk
1 carrot (cut into cubes)
Seasoning: Mix in bowl:
1 tbsp. liquor
½ tsp. sugar
1 tsp. soyu
1 tsp. salt
2 tbsp. curry powder

Parboil the tripe twice and drain. Cut into ½ inch strips. Cut the green pepper and onion into ¾ inch squares. Heat a pan with oil. Brown the ginger and garlic, add the tripe and fry for 1 minute. Add seasoning, fry for 1 minute more. Add water to the level of the tripe and add all remaining ingredients except the milk and carrot. Simmer until tender. Add the carrot and milk during the last half hour of cooking. Thicken with cornstarch if desired.

TRIPE IN TOMATO SAUCE

2 lbs. tripe
1 small round onion
1 small green pepper
1 pork bone
1 ham bone
Few pieces ham skin (if any)
1 can tomato sauce
2 stalks green onion (cut into ½ inch lengths)
1 fresh tomato (chopped)
1 chili pepper (optional)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. liquor
½ tsp. sugar
½ tsp. ve-tsin
1 slice ginger, 1 clove garlic } crushed
1 tbsp. salt

Parboil the tripe twice, drain and cut into ½ inch strips. Cut the round onion and green pepper in ¾ inch squares. Heat pan with a small amount of oil. Brown the onion slightly, add the tripe and seasoning and fry for 2 minutes. Add all remaining ingredients, except the green onion; add water to the level of the mixture. Simmer until tender. Add more water if necessary. Just before turning off the flame, add the green onion. Serve hot. Thicken with cornstarch if desired.

NOODLES

CHICKEN CHOW MEIN

1 lb. soft fried noodles
¼ lb. pork (sliced thin into strips)
1 chicken breast (pre-cooked in stock)
1 slice ginger } crushed
1 clove garlic }
2 stalks green onion (cut into ½ inch lengths)
⅔ cup hot soup stock
Cut the following into strips:
¼ lb. string beans (parboil)
1 stalk celery
1 cup bamboo shoots
8 dried mushrooms (soaked and stemmed)
Seasoning: Mix in bowl:
1½ tsp. salt
2 tbsp. soyu
1 tbsp. liquor
½ tsp. sugar
¼ tsp. ve-tsin
1 tbsp. oyster sauce

Heat pan with oil and brown ginger and garlic slightly. Add pork and fry for 1 minute. Add seasoning and saute for 1 minute. Add all vegetables, except green onion, and stir for a few minutes; do not overcook vegetables. Add hot soup stock and cornstarch for thickening; bring to a boil. Then add green onion. Pour vegetables over noodles which have been placed on platter. Garnish with the boiled chicken breast (shredded) and Chinese parsley. Serve hot.

CHOW FUN

2 tbsp. sesame seeds (roasted)
6 cups noodles (boiled) (chow fun)
½ lb. pork
5 fresh shrimps (sliced)
2 eggs and/or ¼ lb. ham, cooked
1 cup string beans
2 cups beansprouts
1 stalk celery
2 stalks green onion, (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 piece ginger
2 tsp. salt
½ tsp. sugar
2 tbsp. soyu
¼ tsp. ve-tsin

Slice the pork into thin strips; also cut the string beans and celery into very fine strips. Put oil in a hot pan. Fry the pork and shrimps for 1 minute in the hot oil. Add the seasoning and saute for 1 minute. Put in the noodles and stir for 2 minutes. Add the string beans, celery, beansprouts and green onion and cook until the vegetables are done. Do not overcook vegetables. Beat the eggs and fry very thin. Cut the ham and eggs into thin shreds. Put the noodles on platter and garnish with shredded ham and eggs, the sesame seeds, and Chinese parsley. Serve hot.

CRISPY E MEIN

½ lb. crispy E noodles
½ lb. pork or 1 chicken breast
1 piece ginger, 1 clove garlic } crushed
1 cup hot stock or hot water
¼ lb. ham and/or 2 eggs well beaten
1 stalk green onion (cut into ½ inch lengths)
Cut following into strips:
1 cup string beans (parboil)
1 cup carrots (parboil)
1 cup bamboo shoots
1 cup beansprouts
Seasoning: Mix in bowl:
1½ tsp. salt
1 tbsp. soyu
¼ tsp. ve-tsin
1 tsp. oyster sauce
1 tbsp. liquor

Heat pan with oil; brown ginger and garlic slightly. Cut pork into thin strips and fry for 1 minute. (Chicken breast may be used here). Add seasoning and saute for 1 minute. Add all vegetables, except green onion, and stir for a few minutes. Do not overcook. Add hot stock and a little cornstarch to thicken gravy. Add green onion. Pour over crispy noodles which have been placed on platter. Garnish with thinly sliced ham and/or fried eggs shredded into very thin strips.

GAU TZE MEIN (Soup)

½ lb. lean pork (ground)
6 water chestnuts (chopped)
6 fresh shrimps (chopped)
6 mushrooms (soaked, stemmed and chopped)
2 stalks green onion (chopped)
1 sprig parsley
1 tsp. salt
1 tbsp. oyster sauce
1 stalk celery
1 tsp. soyu
¼ tsp. ve-tsin
Gau tze shells

Mix all ingredients into the ground pork. Cut corners of the gau tze shells to make them round. (Gau tze shells may be obtained at local stores.) Fill each shell with ¾ teaspoon of pork mixture and fold in half diagonally. Seal edges by moistening with water. Drop filled gau tze into boiling water and cook until it floats to top. Drain and serve in soup (see page 150) with boiled noodles. Garnish with shredded fried eggs, sliced char siu and minced green onion.

FRIED GAU TZE

Drop filled gau tze in hot deep oil over a low flame. Fry until nice and brown. Avoid overfilling shell.

NOODLES IN SOUP (Sai Mein)

½ box Canton noodles
¼ lb. sweet pork (char siu)
2 stalks green onion (minced)
2 beaten eggs (fried thin and shredded)
Chinese parsley

Cook noodles in boiling water until done. Do not overcook. Drain and run cold water through noodles immediately. Beat eggs and fry very thin. Cut into thin strips. Slice pork into thin slices. Fill serving bowls half full with noodles and pour soup (see page 150) over them to fill the bowls. Garnish with egg strips, pork, green onion and parsley.

PORK CHOW MEIN

1 lb. fried noodles
¼ lb. pork
5 fresh shrimps
¼ lb. boiled ham
} *sliced thin into strips*
1 egg (slightly beaten)
1 piece ginger
1 clove garlic
} *crushed*
2 to 3 cups hot stock or water
2 stalks green onion (cut into ½ inch lengths)
Cut the following into strips:
- *1 cup string beans (parboil)*
- *1 cup carrots (parboil)*
- *1 cup bamboo shoots*
- *8 dried mushrooms (soaked and stemmed)*
- *2 stalks celery*

Seasoning: Mix in bowl:
- *1½ tsp. salt*
- *2 tbsp. soyu*
- *¼ tsp. ve-tsin*
- *1 tbsp. liquor*
- *½ tsp. sugar*
- *1 tsp. oyster sauce*

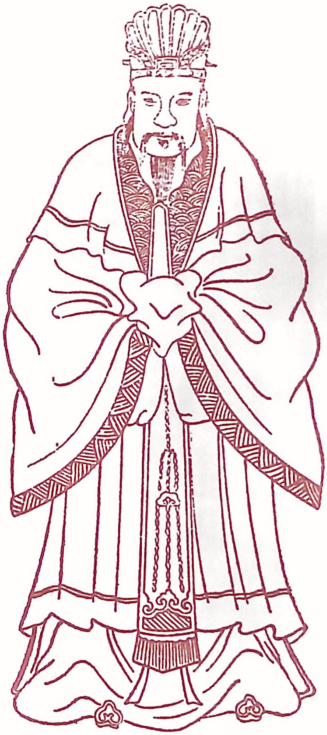
Heat oil in a pan, and brown ginger and garlic slightly. Add pork and shrimps and fry for 1 minute. Add seasoning and saute for 1 minute. Add vegetables, except green onion, and stir for a few minutes. Do not overcook. Add hot stock and cornstarch for thickening; bring to a boil. Add green onion. Pour mixture over noodles which have been placed on a platter. Garnish with thinly sliced ham and shredded fried eggs. Serve hot.

WUN TUN IN SOUP

Wun tun shells
½ lb. ground pork
6 water chestnuts (chopped)
½ tsp. salt
1 tsp. oyster sauce
1 stalk green onion (chopped)
¼ tsp. ve-tsin

Add all ingredients, except gau tze shells, to the ground pork and mix well. Hold a shell in the left hand with one corner toward you. Put ¼ teaspoon of the filling in the center of the pattie. Fold the left-hand corner and then the right-hand corner to the center. Seal by rubbing with water and pressing with the thumb. Drop in boiling water and cook until it floats to the top. Serve as for gau tze mein or sai mein. (For soup stock see page 150

Wun tun may also be served crispy by frying in deep hot fat. For frying, avoid overfilling shell.



RICE

HOW TO COOK RICE

Heavy sauce pan must be used for cooking rice to prevent scorching. New crop rice does not absorb as much water as old crop, and therefore, two tablespoons less water should be used for new crop rice.

Wash rice by rubbing between palms of hands until water is almost clear. Add proportionate number of cups of water for each cup of rice used. Cover sauce pan and bring to boil. Then turn flame very low and let steam for 15-20 minutes. Turn flame off and let stand for 5 minutes before serving.

FRIED RICE

For fried rice, the rice must be cold. If the rice is too sticky and soft, results may not turn out as well. For better results, keep rice in the refrigerator for a day or two. Mix in a little oil and separate grains before using for frying.

FRIED RICE WITH FRESH SHRIMPS

2 stalks green onion (chopped)
4 cups cooked rice
¼ cup diced ham
1 stalk diced celery
6 fresh shrimps (diced)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. oyster sauce
½ tsp. salt
¼ tsp. ve-tsin

Put oil in hot pan; fry shrimps and ham slightly; add rice and fry over low flame for a few minutes. Add all the rest of the ingredients, except green onion, and fry until done. Add green onion just before serving. Eggs may be added to this recipe just before turning flame off.

FRIED RICE WITH ROAST PORK

4 cups cooked rice
½ cup roasted pork (diced)
1 stalk celery (diced)
¼ cup dried shrimps (chopped fine)
2 stalks green onion (chopped)
Seasoning: Mix in bowl:
1 tbsp. soyu
1 tbsp. oyster sauce
½ tsp. salt
¼ tsp. ve-tsin

Heat oil in hot pan; fry shrimps and pork slightly; add seasoning and stir for a few seconds. Add rice and celery and fry over low flame for a few minutes until rice gets very hot. Add green onion just before serving. (For the above fried rice recipes, 1 or 2 tablespoons "harm ha," shrimp sauce, may be substituted for the oyster sauce for variation of flavor.)

MASTER RECIPE FOR RICE SOUP

1 cup rice
12 cups water
½ tsp. ve-tsin
Chicken bones
Pork bones
½ roll chung choi (washed)
1 slice ginger

Wash the rice and add to the water with the remaining ingredients. Simmer for 1½ hours. Remove bones, ginger and chung choi. More water may be used if a thinner soup is desired. To make a good rice soup, use lots of bones.

CHICKEN RICE SOUP

1 cup chicken meat
¼ lb. pork
½ cup bamboo shoots } *sliced thin and small*
6 dried mushrooms (soaked, stemmed, and sliced)
4 water chestnuts (sliced thin)
1 stalk green onion (chopped)

Add chicken and pork to the master recipe for rice soup. Simmer for 10 minutes. Add bamboo shoots, water chestnuts and mushrooms and simmer for another 10 minutes. Salt to taste. Just before turning off the flame, add the green onion. Garnish with lettuce and Chinese parsley.

PORK RICE SOUP (Jee Yuk Juk)

½ lb. pork
¼ lb. ham
1 stalk celery
1 stalk green onion } *chopped fine*
4 dried mushrooms
4 water chestnuts } *diced*

Soak and stem mushrooms. Add all ingredients, except green onion and celery, to the master recipe for rice soup. Cook for 10 minutes over a low flame. Add salt to taste. Add green onion and celery just before turning off flame. Serve hot with lettuce and Chinese parsley.

PASTRIES

ALMOND COOKIES

1 cup rice flour
½ cup brown sugar (white sugar may be used)
½ cup almonds (blanched and ground)
3 tbsp. shortening
½ tsp. baking soda
1 beaten egg
Pinch of salt

Sift flour, sugar, salt and baking soda together. Add almonds and shortening and work in with fingers; add egg and knead flatly. Shape into small balls and place on baking pan. Brush red coloring on each cookie. Press almond on top of each cookie and bake in oven at 350° about 15-20 minutes.

CHIEN DOI (Chinese Doughnuts)

1 lb. no mei fun (gluten rice flour)
½ lb. wong tong (brown sugar)
1¼ cups hot water (approximately)
1 tsp. wine
Filling: Mix together:
½ cup fresh grated coconut
¾ cup toasted peanuts (ground)
1 tbsp. sesame seeds
4 to 5 tbsp. sugar
Dash of salt

Boil wong tong in water. Gradually, add the sugar-water to the no mei fun; add wine. Knead slightly. Cut dough into about 12 pieces and roll into balls. Flatten with the palm of your hand and form into a cup. Place a little filling into the cup formed by the dough. Roll in sesame seeds and fry in deep fat until brown.

CHINESE DINNER ROLLS

2 tbsp. shortening
2 to 3 tbsp. sugar
1 egg
1 tsp. salt
} *cream together*
1½ cups warm milk
½ cup mashed pumpkin (fresh or canned)
1 cake yeast
3½ to 4 cups all purpose flour
1 tsp. salt

Mix together all the ingredients except the flour. Add the flour gradually and knead until smooth. Let rise until double in bulk. Roll in balls about the size of an egg and arrange on an oiled pan. Let rise until double in bulk again. Bake at 375° for 20 minutes or until brown.

CHINESE DOILIES

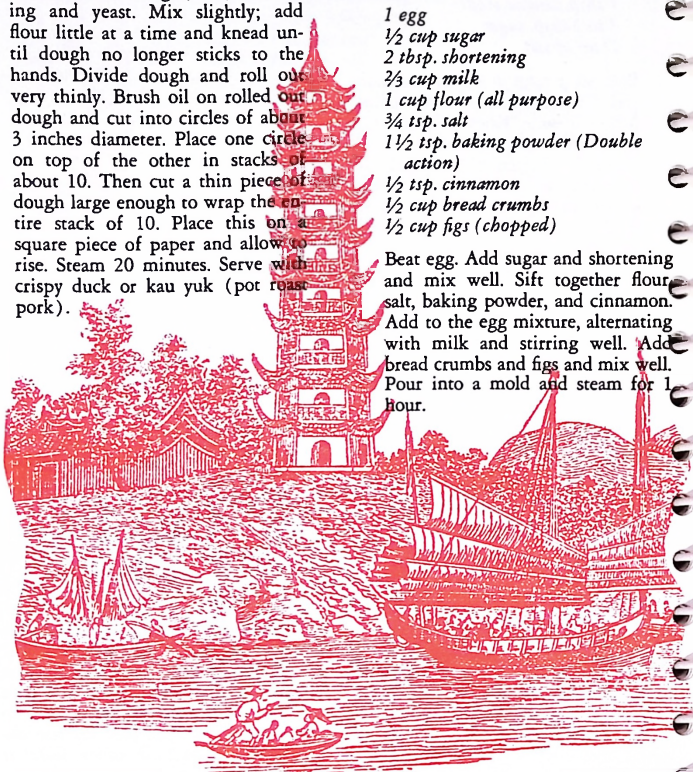
1 medium sized potato (cut into cubes)
1 cup water
4 tsp. sugar
1 tsp. salt
1 tbsp. shortening
3½-4 cups flour
¾ cake yeast

Simmer cubed potato in 1 cup water until very soft. Mash and cool to lukewarm. Add sugar, salt, shortening and yeast. Mix slightly; add flour little at a time and knead until dough no longer sticks to the hands. Divide dough and roll out very thinly. Brush oil on rolled out dough and cut into circles of about 3 inches diameter. Place one circle on top of the other in stacks of about 10. Then cut a thin piece of dough large enough to wrap the entire stack of 10. Place this on a square piece of paper and allow to rise. Steam 20 minutes. Serve with crispy duck or kau yuk (pot roast pork).

CHINESE FIG PUDDING

1 egg
½ cup sugar
2 tbsp. shortening
⅔ cup milk
1 cup flour (all purpose)
¾ tsp. salt
1½ tsp. baking powder (Double action)
½ tsp. cinnamon
½ cup bread crumbs
½ cup figs (chopped)

Beat egg. Add sugar and shortening and mix well. Sift together flour, salt, baking powder, and cinnamon. Add to the egg mixture, alternating with milk and stirring well. Add bread crumbs and figs and mix well. Pour into a mold and steam for 1 hour.



CHINESE MUFFINS

3 tbsp. shortening
3 tbsp. sugar
2 eggs
} *cream together*

Mix together:
1⅔ cups warm milk
1 cake yeast (crumbled)
1 tsp. salt
⅔ cup sweet potato (cooked and mashed)
4 to 4½ cups all-purpose flour

Mix all the above ingredients together and add the flour gradually, kneading until smooth. Let rise until double in bulk. Roll in small balls and put in oiled muffin pan. Let rise again. Bake at 375° for 15 to 20 minutes.

HARM BOW (Pork Filled Buns)

Pork Filling: Mix together and let stand for 10 minutes or more the following ingredients:
1 cup roast pork (diced fine)
4 fresh shrimps (boiled and chopped)
4 water chestnuts (chopped)
1 stalk green onion (chopped)
1 tsp. oyster sauce
1 tsp. soyu
Salt to taste

Buns:
4½ cups flour
1 tbsp. shortening
⅔ tbsp. sugar
1 tsp. salt
¾ cake yeast
1¼ cups warm water

Dissolve yeast in warm water; add shortening, sugar and salt; Knead until smooth (slightly). Dough must be stiff. Then cut dough into approximately 2" balls, flatten in the palms of hands and fill them with about 2 teaspoonfuls of the above pork filling, placing them on white paper 2½" x 2½" square. Use red food coloring for design on top of each bun. Let rise for about 1½ to 2 hours. Steam 20 minutes.

HUNG JO KOU
(Date Pudding)

2 cups no mei fun
1 box pitted dates
1 cup water (approximately)
2 tbsp. oil
2 pieces wong tong or
4 tbsp. brown sugar

Mash dates and add water and wong tong. Boil for few minutes. Slowly work in no mei fun and add oil. Knead lightly; form into little balls and flatten slightly. Place each ball on washed ti leaves and steam 15 minutes.

KOCK CHAI

1 cup ha kaau flour
½ tsp. salt
¼ tsp. ve-tsin
1½ cups boiling water
(approximately)
2 tbsp. oil (approximately)
Filling: Mix together and let stand for 10 minutes or more:
½ lb. sweet pork
6 fresh shrimps (or dried)
½ lb. Chinese turnips
(shredded and parboiled)
½ tsp. salt
½ tsp. oyster sauce
1 tsp. soyu
⅛ tsp. pepper
¼ tsp. ve-tsin

Mix all dry ingredients together and add boiling water gradually. Knead until smooth; add oil and knead a few more minutes. Cut dough into 2½ inch pieces. Roll ball between palms of hands; press on oiled board and flatten as thin as possible. Place 2 teaspoonfuls of filling in center; fold over into semi-circle. Pinch edges together into ½ inch wide ledge and form scroll design along edges. Steam 15 to 20 minutes.

SIU MAI

Mix together the following filling (to stuff in wun tun pi):

½ lb. pork hash
1 tbsp. cornstarch
1 small piece chung choi (chopped)
2 stalks green onion (chopped fine)
4 fresh shrimps (chopped fine)
2 egg yolks

Wun tun pi: Mix together until very smooth the following ingredients, adding water if necessary:

2 cups flour
1 tsp. salt
3 eggs

Then roll out in thin sheets and cut into 3 inch squares. After mixing all ingredients for the filling, place 1½ teaspoonfuls of filling on the center of each wun tun pi. Gather wun tun pi and pinch lightly where all edges meet after stuffing with filling, leaving the edges to ramble freely. Steam for 20 minutes.

SWEET POTATO WITH TAPIOCA

3 medium sweet potatoes
2½ cups water
3 tbsp. tapioca
Dash of salt
Sugar to taste (Chinese brown sugar preferred)

Pare sweet potatoes under running water and cut into ¾ inch cubes. Place in a pot with the water and tapioca and simmer until tender. Add sugar and salt and cook 5 minutes. Serve warm.

TARO BISCUITS

1¾ cups flour
1½ cups Chinese taro (cooked and mashed)
4 tbsp. shortening
3 tsp. baking powder
3 tbsp. sugar
½ tsp. salt
1 tbsp. honey
1 egg
¼ cup milk (approximately)

Mix flour, taro, baking powder, sugar, and salt together. Cut shortening into flour mixture. Mix honey and egg with milk, and add this mixture to flour, mixing lightly. Pour over into oiled pan and steam for 20 minutes.

TARO CAKE

4 cups Chinese taro (cubed)
2 cups roast pork (chopped)
1 cup rice flour
1 cup Chinese starch (or corn-starch)
¾ cup water (approximately)
Seasoning for taro: Mix together the following:
2 tsp. soyu
1 tsp. oyster sauce
¼ tsp. ve-tsin
Salt to taste

Mix flour and starch in water. Heat pan with little oil; fry taro and seasoning in pan for few minutes. Remove from pan and mix into flour mixture, together with chopped roast pork. Pour into oiled pan and garnish with ¼ cup dried shrimps, ¼ cup char siu, 3 stalks green onion and 1 stalk celery, all finely chopped. Steam for ¾-1 hour.

8

MISCELLANEOUS

CHINESE PICKLE

2 Chinese turnips
1 small carrot
4 tbsp. vinegar
4 tbsp. sugar
¼ tsp. ve-tsin
1 tsp. salt
1 slice ginger } *chopped fine*
1 stalk green onion }

Pare turnips and carrot. Cut in halves lengthwise and slice diagonally into very thin slices. Sprinkle with salt and let stand about 20 minutes. Wash and drain. Add remaining ingredients and let stand for an hour. This pickle may be served with spareribs.

PICKLED CUCUMBER

1 lb. cucumber (young)
2 tbsp. vinegar
3 tbsp. sugar
1 tsp. salt
1 slice ginger
1 stalk green onion } *chopped fine*
¼ tsp. ve-tsin

Pare cucumber. Cut into halves lengthwise and slice diagonally into thin slices. Sprinkle with salt and let stand for a few minutes. Wash and drain. Add all other ingredients and let stand for an hour. When serving with spareribs, drain liquid.

PICKLED HEAD CABBAGE

½ of small head cabbage (shredded)
2 slices ginger (chopped fine)
2 stalks green onion (chopped fine)
½ small carrot (shredded)
Seasoning: Mix together:
4 tbsp. vinegar
3 tbsp. sugar
½ tsp. ve-tsin
1 tsp. salt
1 thin slice ginger (chopped fine)

Mix all vegetables together and pour seasoning over Mix well. Serve cold.

EGG PLANT WITH HARM HA

¼ lb. pork (sliced thin and flat)
1 lb. egg plant (cut ½ inch thick)
1 slice ginger } *crushed*
1 clove garlic }
1 cup water
1 stalk green onion (cut into ½ inch lengths)
Seasoning: Mix together:
2 tbsp. harm ha
¼ tsp. ve-tsin
½ tsp. sugar
1 tsp. soyu
Salt to taste

Heat pan with oil. Brown ginger and garlic slightly and add pork. Fry 1 minute, add seasoning, and saute for another minute. Add egg plant and fry for an additional 2 minutes. Add water and cook until done. Just before turning off flame, add green onion.

FRIED EGG PLANT

1 lb. egg plant (long or round)
¼ cup bread crumbs
¼ cup flour
Seasoning: Mix in bowl:
1 egg (slightly beaten)
¼ tsp. ve-tsin
1 tsp. salt
Dash of pepper
1 tsp. soyu

Cut egg plant diagonally ½ inch thick. Add seasoning and let stand for 10 minutes or more. Roll egg plant in bread crumbs and flour mixture and fry in deep oil. Serve hot.

STUFFED EGG PLANT

1 lb. egg plant (long)
¼ lb. ground pork
½ tsp. salt
1 tsp. oyster sauce
¼ tsp. ve-tsin
3 water chestnuts
1 small piece chung choi (washed)
1 stalk green onion
3 fresh shrimps
} *chopped fine*

Mix all ingredients with pork. Cut egg plant into 2 inch pieces. Scoop out a little of the center of each piece of egg plant. Stuff with pork hash mixture. Place in a bowl and steam for 35 minutes or until egg plant is soft. When done, remove egg plant to serving dish and use remaining liquid for gravy, adding a little cornstarch, water and salt. Pour over egg plant and garnish with Chinese parsley. Serve hot.

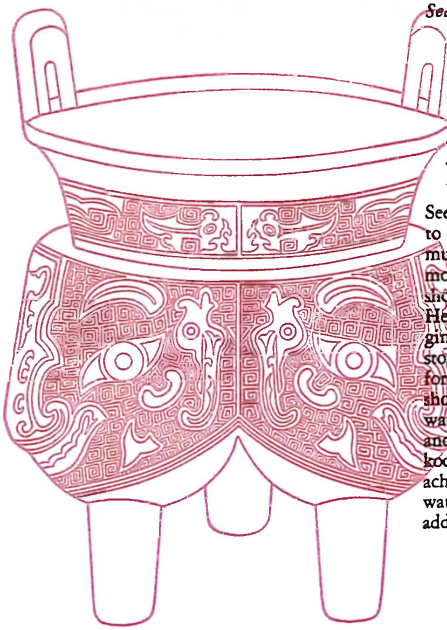
FRIED FROG LEGS

3 pair frog legs
1 beaten egg
1 cup bread crumbs
¼ cup flour
Seasoning: Mix in bowl:
1 piece ginger
1 clove garlic
} *crushed*
¼ tsp. ve-tsin
½ tsp. salt
1 tsp. liquor
½ tsp. sugar
2 tsp. soyu
1 tsp. hoi sin cheong

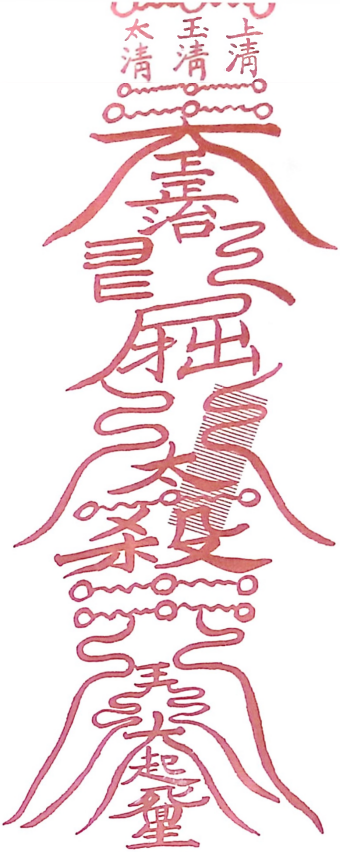
Soak frog legs in seasoning for 30 minutes or more. Roll each leg in the flour, then into egg and then into bread crumbs. Fry in deep hot fat. Serve hot on a bed of lettuce.

STEWED PIG'S STOMACH

1 pig's stomach (cut 1 inch by 1½ inch)
1 cup dried mushrooms
1 can bamboo shoots
1 small piece kwo pee
1 corner bar kock
1 slice ginger, 1 clove garlic — crushed
2 stalks green onion (cut into ½ inch lengths)
Seasoning: Mix in bowl:
1 tsp. thick soyu
1 tbsp. soyu
⅛ tsp. heong liu fun
½ tsp. sesame oil
¼ tsp. ve-tsin
1 tsp. sugar
2 tbsp. liquor
1 tsp. salt



See page 149 for directions on how to clean the pig's stomach. Soak the mushrooms for 20 minutes and remove the stems. Slice the bamboo shoots ¼ inch thick and 1 inch long. Heat a pan with oil and brown the ginger and garlic. Add the pig's stomach and the seasoning. Saute for 5 minutes. Add the bamboo shoots and the mushrooms. Add water to the level of the ingredients and put in the kwo pee and bar kock. Simmer until the pig's stomach is tender. If necessary, add more water. Thicken with cornstarch and add the green onion.



POT ROAST OF PIG HEART

3 or 4 pig hearts
1½ cups water
1 stalk celery (whole)
2 stalks green onion (whole)
1 lb. won bok (Chinese cabbage)
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tbsp. oyster sauce
2 tbsp. liquor
1 tsp. salt
Dash of heong liu fun
¼ tsp. ve-tsin
1 clove garlic } crushed
1 slice ginger }

Wash heart in hot water three or four times. Drain all blood out. Soak in the seasoning mixture for 1 hour. Heat pan with 2 tablespoons of oil and brown hearts on all sides. Take all excess fat out. Add water, celery, green onion and the remainder of the seasoning. Simmer for 1 hour or until tender. Remove celery and onion. Thicken the gravy with cornstarch. Arrange boiled won bok on a plate and place sliced heart over it. Pour gravy over.

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PIG'S TONGUE WITH PEAS

2 pig's tongues
1 slice ginger } *crushed*
1 clove garlic }
3 cups water
1 small can sweet peas
Seasoning: Mix in bowl:
1½ tsp. salt
2 tbsp. soyu
1 tsp. sugar
1 tsp. hoi sin cheong
1 tsp. thick soyu
1 small piece kwo pee (washed)
¼ tsp. ve-tsin

Scald tongues for 5 minutes. Scrape off the skin. Heat pan with oil. Brown ginger and garlic. Add tongues and brown for a few minutes. Put in seasoning and water. Simmer 1 hour or until tongues are tender. Add more water if necessary. When tongues are tender, remove and slice thin. Arrange on a plate. Add sweet peas to remaining gravy and cook 1 minute. Thicken with a small amount of cornstarch. Pour over tongue slices. Serve hot.

STUFFED MELON

½ melon (toong kwa)
½ cup chicken meat or ham (diced)
3 tbsp. pearl barley (soaked overnight and boiled until soft)
1 small can mushrooms (3½ oz.)
½ cup diced lean pork
½ cup bak ko (shelled and boiled soft)
½ cup lin chee (soaked overnight and boiled soft)
Stock: Simmer for ½ hour and strain:
Chicken bones
Pork bones
3 dried scallops
1 small piece chung choi
Then add:
½ tsp. ve-tsin
Salt to taste

Add all ingredients, except melon to stock and cook over a slow flame for 20 minutes. Remove seeds from melon and place in a deep bowl. Add the stock with other ingredients to the cavity of the melon and steam for 1 hour or until melon is tender. Serve as it is.

FRIED RABBIT

1 young rabbit
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tbsp. thick soyu
¼ tsp. pepper
1 tsp. sugar
3 tbsp. liquor
2 slices ginger
1 clove garlic } *crushed*
1 corner bar kock
Salt to taste
¼ tsp. ve-tsin

Clean the rabbit and cut into serving pieces. Soak in seasoning for 1 hour. Fry in deep hot fat over a medium flame.

STEWED RABBIT

1 young rabbit (cut into serving pieces)
1 to 2 cups water
2 stalks celery (cut into 1 inch lengths)
3 stalks green onion (cut into ½ inch lengths)
2 slices ginger } *crushed*
1 clove garlic
1 small piece kwo pee
1 to 2 corners bar kock
1 green pepper } *cubed*
1 small round onion
Seasoning: Mix in bowl:
2 tbsp. soyu
4 tbsp. liquor
1 tbsp. sugar
Dash of heong liu fun (five spices)
¼ tsp. ve-tsin

Add seasoning mixture to the rabbit and let soak for 1 hour. Heat pan with oil. Brown ginger and garlic; add rabbit and fry until slightly brown. Add water and bring to a boil. Salt to taste. Add remaining ingredients, except green onion, and celery. Simmer until rabbit is tender, adding more water if necessary. Thicken gravy with cornstarch and add celery and green onion just before turning off flame.

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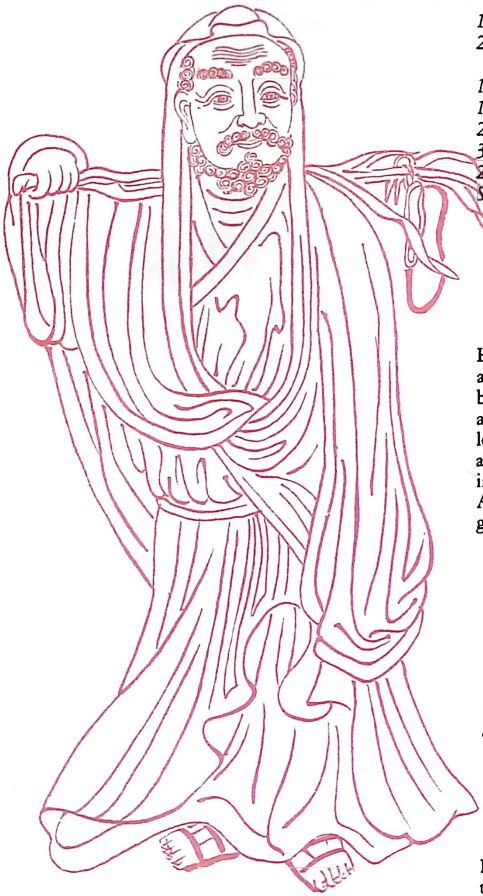


LAMB STEW (Chinese Style)

2 lbs. lamb (cubed into 1 inch pieces)
1 small onion (chopped)
2 sprigs Chinese parsley (minced)
1 carrot (diced)
1 green pepper } diced
2 tomatoes }
3 slices ginger } crushed
2 cloves garlic }
Seasoning: Mix in bowl:
2 tbsp. soyu
1 tsp. salt
1 tsp. sugar
¼ tsp. ve-tsin
⅛ tsp. black pepper
2 tbsp. liquor

Heat pan with oil. Brown ginger and garlic. Add lamb and fry until brown. Add seasoning and saute for a minute. Add enough water to level with meat and simmer until almost tender. Add the remaining ingredients and cook until done. Add a little cornstarch to thicken gravy.

FRIED TOFU

1 tofu (cut in ½ and then to 4)
2 tbsp. sesame seeds (roasted)
Seasoning: Mix in bowl:
1 egg (beaten)
1 tbsp. water
2 tbsp. cornstarch
1 tsp. salt
¼ tsp. ve-tsin

Dip tofu into seasoning one at a time and fry in deep hot fat until nice and brown. Place on a platter with lettuce. Sprinkle with sesame seed. Serve hot.

HOW TO BONE CHICKEN WINGS

Dislocate joints by twisting back and forth. Use a sharp thin knife to cut flesh around bone, and pull loosened flesh down to the next joint. Pull bone out. Repeat this same procedure to the second joint in wing.

HOW TO EXTRACT GINGER JUICE

Slice 2 or 3 pieces of ginger. Pound them with the back or flat of a knife, adding as much water as calls for ginger juice. Squeeze with fingers into bowl and strain.

HOW TO PICKLE MUSTARD CABBAGE (Sin Choi)

2 large mustard cabbages
½ gallon water (boiled and cooled)
⅓ cup vinegar
3 tbsp. sugar
1 handful Hawaiian salt

Mix water, vinegar and sugar in a gallon jar. Wash cabbage and drain. Place in a pan and pour boiling water over. Let stand until the cabbage changes color. Drain and cool. Add to vinegar mixture and let stand for 3 or 4 days. Then store it in the ice-box, liquid and all.
Head cabbage may be pickled in the same manner.

HOW TO CLEAN PIG'S SMALL INTESTINE

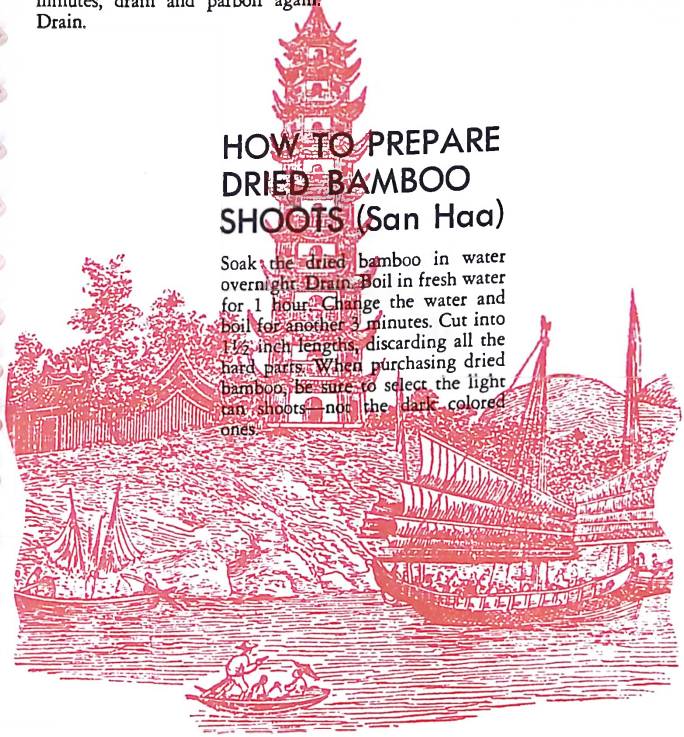
Insert 2 large cloves of crushed garlic through the length of the intestine and run water through it. Repeat 3 or 4 times. Now rub with salt, vinegar and baking soda. Repeat 2 or 3 times. Parboil for 10 minutes. Cut into serving pieces. Wash in cold water with baking soda. Repeat. Wash clean and drain.

HOW TO CLEAN PIG'S STOMACH

Turn the pig's stomach inside out and wash well with vinegar and salt. Drain and rinse in clear water. Add a handful of flour and a little cooking oil. Rub well between the hands as when washing clothes. Rinse in cold water and repeat twice. Add baking soda, vinegar and salt and rub for a few minutes and let soak for 10 minutes. Wash with hot water many times. Parboil for 10 minutes, drain and parboil again. Drain.

HOW TO PREPARE DRIED BAMBOO SHOOTS (San Haa)

Soak the dried bamboo in water overnight. Drain. Boil in fresh water for 1 hour. Change the water and boil for another 3 minutes. Cut into 1½ inch lengths, discarding all the hard parts. When purchasing dried bamboo, be sure to select the light tan shoots, not the dark colored ones.



HOW TO MAKE WUN TUN PI OR GAU TZE SHELLS

¼ cup water
1 egg (unbeaten)
1½ cups flour
⅛ tsp. salt

Put flour and salt in a bowl. Add water and egg. Mix well and then knead until smooth. Dough should not be sticky. Roll out dough to 1/16 inch thickness on floured board. Cut into 3 inch squares for shells.

HOW TO MAKE SOUP STOCK

Chicken bones, neck and feet
Pork bones
3 dried scallops (washed)
1 piece chung choi (washed)
1 slice ginger
1 stalk celery
½ tsp. ve-tsin
Salt to taste
Water (allow 1 cup per person)

Simmer chicken bones, neck, feet, dried scallops, pork bones, ginger, chung choi and all other ingredients in as much water as needed for 60 minutes or more. Strain. This stock may be kept in the refrigerator for a week.

HOW TO PREPARE SPICY SALT

Dash of heong liu fun (five spices)
2 tbsp. salt
½ tsp. black pepper

Brown together in pan without oil over a low flame for about 5 minutes.

GLOSSARY

Bar kock	Star anise
Bak ko	Chinese white nuts
Chien gee	Fungus or truffles
Chung choi	Preserved salted turnips
Dau gock	Long Chinese beans
Dau see	Salted black beans
Foo chuck	Dried bean curd
Gee fun chong	Pig's small intestines
Gee saan chong	Pig's large intestines
Ha kaau fun	Chinese pastry flour
Hau yau	Oyster sauce
Heong liu fun	5-spice powder
Hoi sin cheong	Mixed vegetable sauce
Hou see	Dried oysters
Hung jo	Dried red dates
Hung see yau	Thick soyu
Inn wo	Bird's nest
Jar choi	Hot preserved vegetables
Jee ma yau	Sesame oil
Jim mei fun	Rice flour
Kam choi	Lily Flower
Kwo pee	Dried orange peel
Lin chee	Lily buds
Mon yau	Pig membranes
Muck yee	Dried cuttlefish
Nam yoy	Red bean curd
No mei fun	Glutinous rice flour
San haa	Dried bamboo shoots
See kuu	White water chestnuts
See yau	Soyu sauce
Sin kaou	Fish bladder
Tou fu moi	White bean curd
Ve-tsin	Monosodium glutamate
Wong bok	Chinese cabbage
Wong tong	Chinese brown sugar
Yee tze	Shark fin
Yuen see cheong	Bean sauce

HAWAII'S

Gail Wong ....

Kamaaina, restaurateur, and teacher . . . recognized over a period of years as the most experienced and practical exponent of Chinese cookery in Hawaii.